

Self Compassion Exercise: For others

This exercise helps you understand both yourself and others in difficult interactions, leading to wiser responses.

Step 1: What area of life was impacted by this interaction?

Family relationships	Health/Wellbeing
Work/career	Finances
Friendships	Personal growth
Romantic relationship	Community/Social

How were you feeling before the interaction?

Calm	Tired	Excited
Happy	Neutral	Already overwhelmed
Already stressed	Anxious	

Understanding the Other Person

How would you empathize with the other person as if you were to approach someone with a similar issue?

What emotion might they be feeling?

Overwhelmed	Angry	Sad
Stressed	Scared	Anxious
Tired	Frustrated	Defensive

What was their problem solving solution?

Avoided the issue	Became aggressive
Blamed others	Tried to control the situation
Tried to communicate	Asked for help
Withdrew/Shutdown	Used distractions (work, substances, etc)

Your Response

How did that make you feel?

Hurt	Overwhelmed	Guilty
Angry	Confused	Understood
Frustrated	Disappointed	Indifferent
Sad	Anxious	Shock

What was your problem solving solution?

Argued Back	Sought Support from others
Withdrew/Shut Down	Practiced Self-care
Tried to fix their problem	Communicated my needs
Set a boundary	Avoided further conflict

Knowing what you know now, what would be a compassionate redo? Is there another coping skill that you would choose instead or add to the situation in order to plan ahead for any boundaries in this situation?

Reflect on alternative responses....