

Self-Compassion Exercise: For Situations

Step 1: What area of your life is this situation affecting?

| | | |
|----------------|--------------------------|--------------------|
| Health/Medical | Relationships | Legal matters |
| Work/Career | Finances | Education/Learning |
| Family | Housing/Living Situation | |

Understanding the Situation

What type of situation is this?

Environmental (weather, natural disasters, pollution)
Social (Community issues, social pressures)
Financial (economic challenges, money issues)
Political (government, politics, elections)
Religious (faith challenges, spiritual conflicts)
Cultural (traditions, cultural expectations)
Technological (Tech problems, digital overwhelm)
Institutional (bureaucracy, systems issues)
Other _____

What Happened?

Describe the situation briefly...

Your Response

How did that make you feel?

| | |
|-------------|--------------|
| Overwhelmed | Confused |
| Powerless | Hopeless |
| Scared | Anxious |
| Angry | Frustrated |
| Sad | Disappointed |

What was your problem solving solution?

| | |
|------------------------------|---------------------------------|
| Researched more information | Wanted to see what would happen |
| Sought help from others | Complained to others |
| Avoided dealing with it | Accepted what I couldnt control |
| Worried/Overthought about it | Made a plan to address it |
| Took Immediate action | Distracted myself |

Step 2: Offer yourself compassion

“This is a difficult situation. Many people face challenging circumstances. May I give myself the compassion I need right now”

Do I need a compassion break?

| | | |
|----------------------|------------------|---------------------|
| Vagus nerve exercise | Humming | A moment alone |
| Go outside | Dancing | Make an action plan |
| Exercise | Eat/ Drink Water | |

Now that things have settled down some, is there another coping skill that you would choose instead or add to the situation in order to plan ahead for any boundaries in the situation?

Seek professional help or guidance
Set clearer boundaries around my involvement
Limit my exposure to this type of situation
Build a stronger support network
Develop specific skills to handle this better
Work on changing my perspective
Practice acceptance of things I can not control
Create a clearer action plan for similar situations

Reflect on what you might do differently or what boundaries you could set for similar future situations....