

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 couldn't 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....