

Compassion Kit Questions:

Self-compassion allows us to be present for ourselves while making changes in our lives from a place of care and tenderness. Self-compassion builds emotional strength and resiliency.

1. What am I feeling?
2. Am I letting myself feel what I'm really feeling?
3. What are 3 ways you have been negatively impacted by your work?
4. How can I soothe myself?
5. What do I need to hear?
6. What do I need to let go of?
7. Do I need to eat more regularly?
8. Do I need to sleep or rest?
9. Do I need to move?
10. Do I need to connect with someone?
11. How healthy does my body feel right now on a scale of 1-10?
12. How healthy does my mind feel right now on a scale of 1-10?
13. Do I replay conversations in my mind?
14. Am I often thinking about what has happened prior to a given moment or what is to come?
15. How do you connect with your true purpose/essence?
16. When I'm in physical or emotional pain, what are the kindest things I do for myself?