What gets in the way of being kind to myself

Fears about self-compassion are common, and worth looking at.

Name _____ Date _____

For many people, being kind to themselves feels wrong, dangerous or just impossible. Tick anything you recognise.

- [ ] If I am kind to myself, I will become lazy or lower my standards
- [ ] I do not deserve kindness
- [ ] If I stop criticising myself, I will make more mistakes
- [ ] Kindness feels unfamiliar and uncomfortable
- [ ] When I am kind to myself, I feel sad or tearful
- [ ] It feels self-indulgent or selfish
- [ ] If I let my guard down, something bad will happen
- [ ] I am afraid I will become dependent on it
- [ ] Other people matter more than I do
- [ ] I do not know how

The block that is strongest for me

Where might it have come from? What did I learn about kindness growing up?

What I fear would happen if I were kinder to myself	What might actually happen

One small act of kindness to myself I am willing to try this week, as an experiment

Feeling sad when you are kind to yourself is a recognised reaction. It is common in people who did not get much kindness earlier in life.

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