

Self-Empathy Exercise

This is an exercise you will do on your own. Practicing self-empathy can be very helpful in fostering self-love and inner harmony. Being present with yourself and turning your focus inward by answering the following questions allows you to take the first step towards self-empathy. Think of something someone did or said that impacted you negatively and write you're your responses below. The focus of this exercise is to shift out of your head and into your heart and body.

What happened (observations)?

What thoughts, judgments & criticisms do you have about what happened?

What are the emotions that come up to the surface right now?

- _____
- _____
- _____

What unmet needs require your attention right now?

- _____
- _____
- _____

Create a sentence to yourself that acknowledges your feelings and unmet need.

What will you do to nurture this part of yourself? Write down your plan below.
