

Self-Compassion

by Kristin Neff

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Run the friend test on one harsh thought today**

Catch one self-attack and write it down word for word. Then write what you'd say to a close friend in the exact same situation. Read both out loud. The gap between them is the work.

MON TUE WED THU FRI SAT SUN

- ⁰² **Use Neff's three-line self-compassion break**

Next time something stings, say (silently or aloud): 'This is a moment of suffering. Suffering is part of being human. May I be kind to myself in this moment.' Sixty seconds. That's the whole exercise.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Place a hand on your chest when the critic spikes**

Physical warmth and gentle touch trigger the mammalian care system - the same one a parent activates in a child. Hand on heart, hand on cheek, or arms in a self-hug for thirty seconds. Your body listens to this faster than to any sentence.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Write a compassionate letter from your wisest self**

Pick one thing you're hard on yourself about. Write a letter to yourself from the perspective of an unconditionally loving friend who knows everything about you. Read it the next morning. Keep it.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Replace 'What's wrong with me?' with 'What do I need right now?'**

The first question loops. The second one moves. Try it once a day for a week - at the moment you'd usually pile on. Notice that the answer is almost always small and doable: water, a walk, a nap, a text, ten minutes of quiet.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Name common humanity out loud once a day**

When you catch yourself thinking 'only I do this,' finish the sentence with '- and millions of other people are doing some version of it right now.' This is not denial. It's the true scale, restored.