



# THE WELLNESS WORKBOOK

SUPPORTING THERAPY, COACHING  
& OTHER FORMS OF WELLNESS WORK

cultivating *self-empathy*

EMPATH  EDITOR

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# REMINDERS on Cultivating Self-Empathy

## THE OBJECTIVE

Self-empathy is exactly what it sounds like: empathy for the self. But breaking it down into a few key elements gives us something less abstract to work with. Self-empathy is built on everyday **awareness**, **mindfulness**, and **kindness**.<sup>\*</sup> These three elements offer us helpful instructions on how to cultivate a closer relationship with the self—a relationship that looks different for everyone.

*\*These elements make up my personal definition for self-empathy, which draws inspiration from Dr. Kristin Neff's work on self-compassion.*

## THE ELEMENTS

### awareness

Recognizing that we're not alone in our experience. Remembering that negative thoughts, emotions, sensations, and states of being are natural. Getting comfortable with the fact that our life is one of perfect imperfection. Being cognizant of our emotions and open to seeing ourselves a little more clearly.

### mindfulness

Observing aspects of our experience with a gentle curiosity. Noticing, but not obsessing over, negative thoughts, emotions, sensations, and states of being. Growing the connection between our body and mind. Improving our ability to respond, rather than react, by pausing to think critically and creatively.

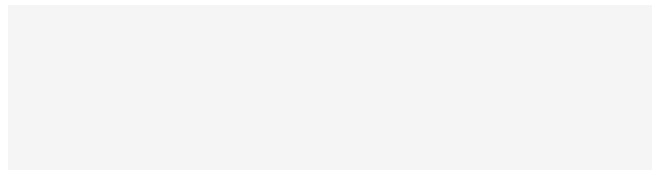
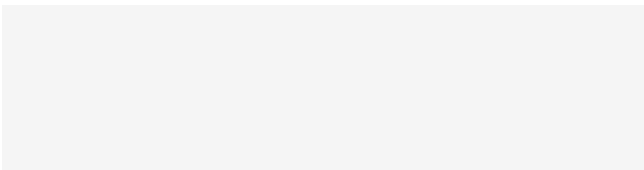
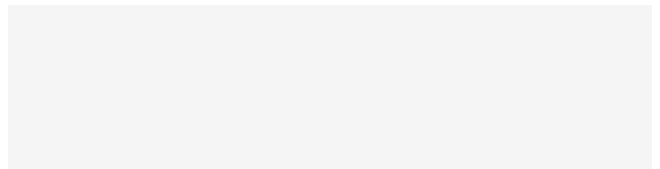
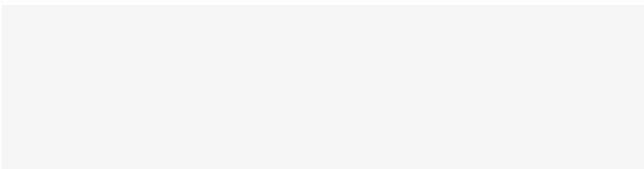
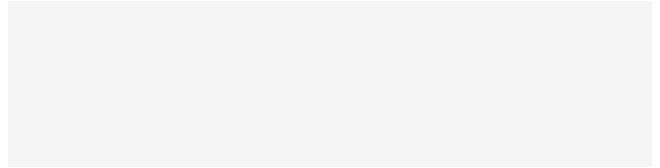
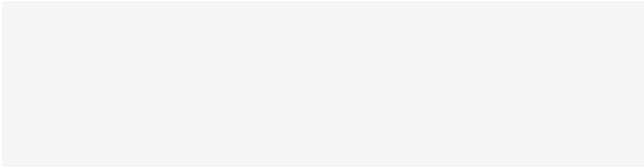
### kindness

Making an effort to treat ourselves well. Being understanding, nonjudgmental, and forgiving about our past, present, and future actions. Recognizing the separation between our thoughts and who we are. Contributing to our health and wellness by practicing self-care, self-soothing, and positive self-talk.

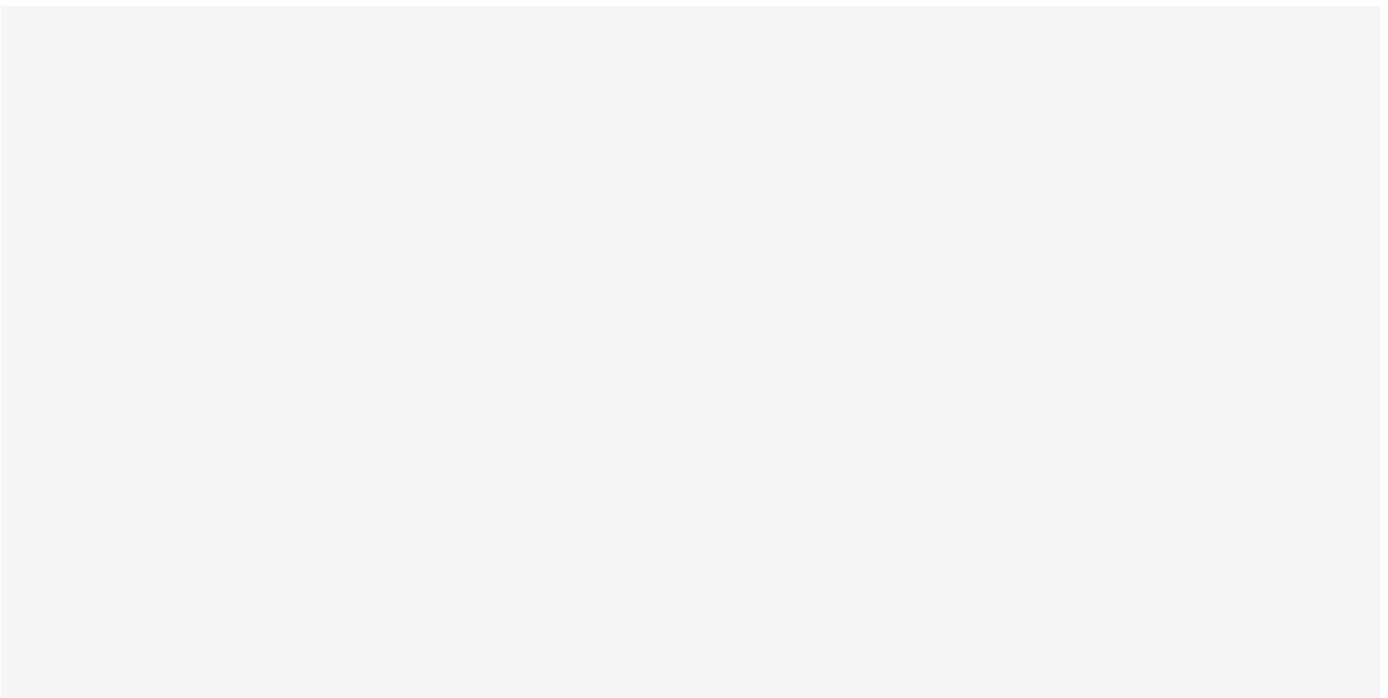
# PREP WORK

## awareness

Topics covered last session:



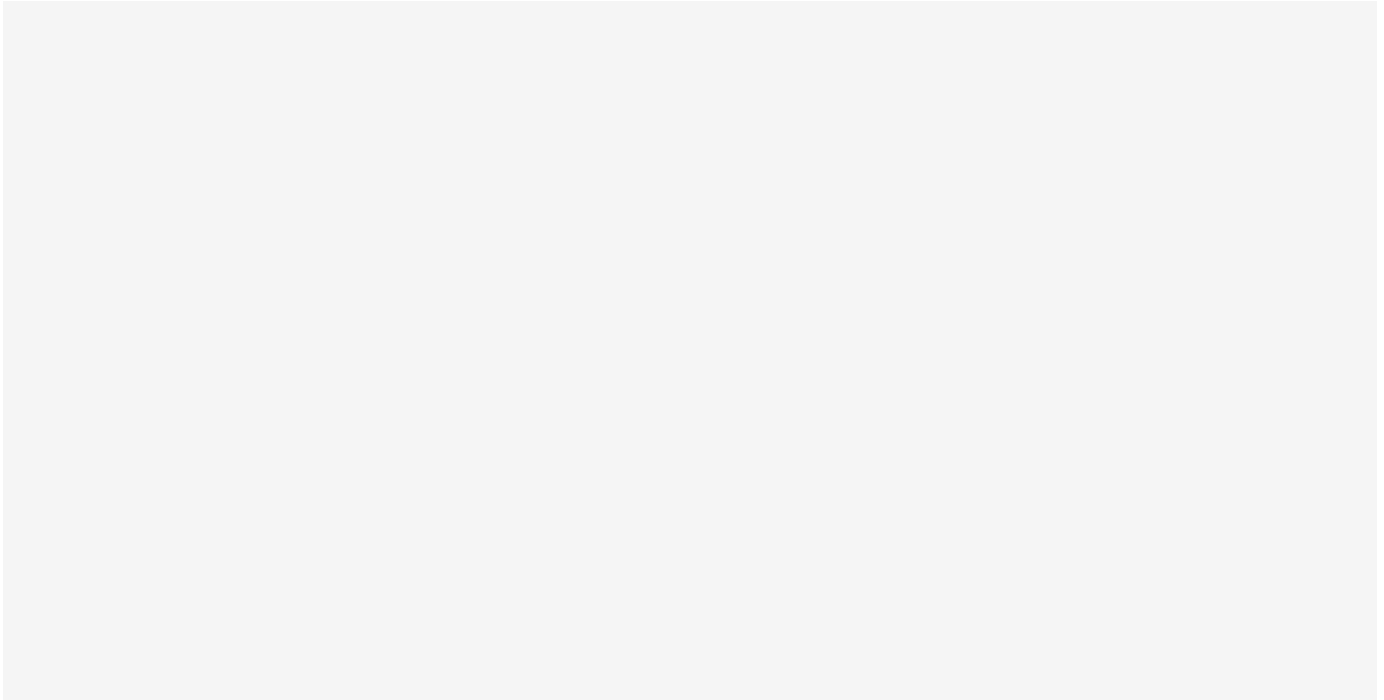
To-dos and ahas from last session:



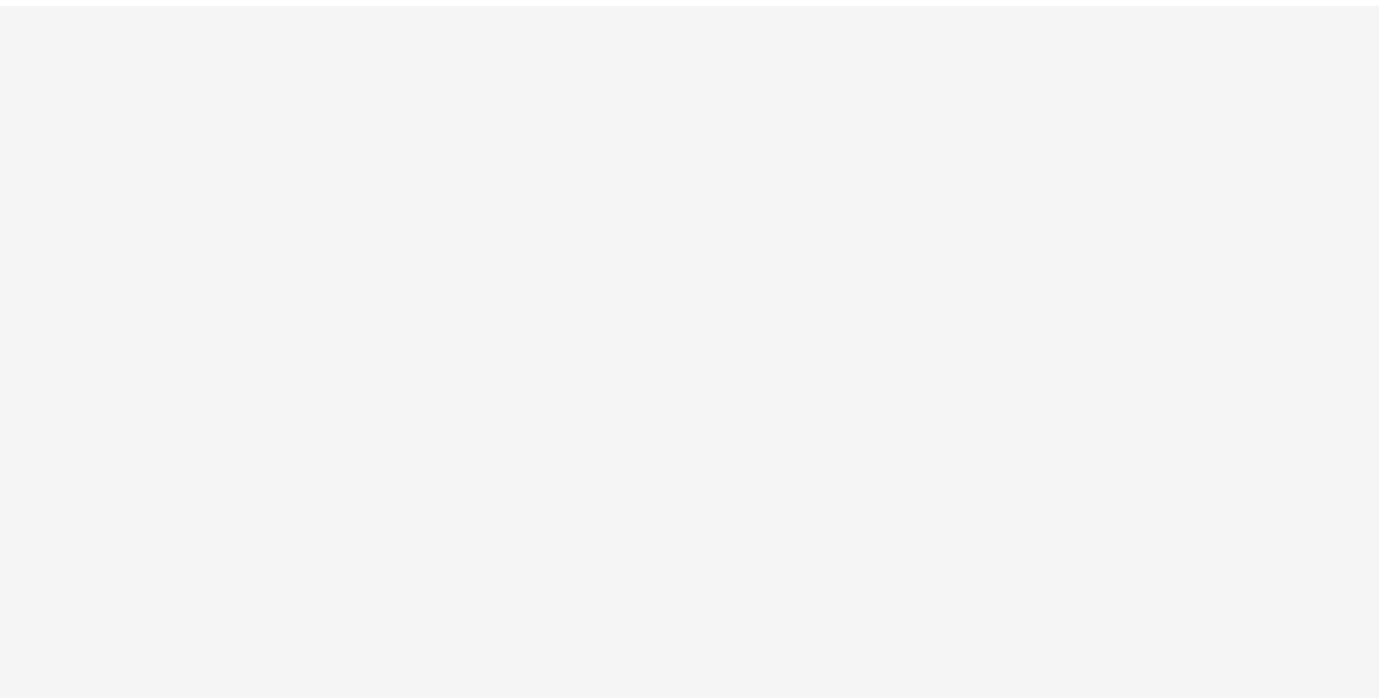
# PREP WORK

## mindfulness

Things on my mind lately:

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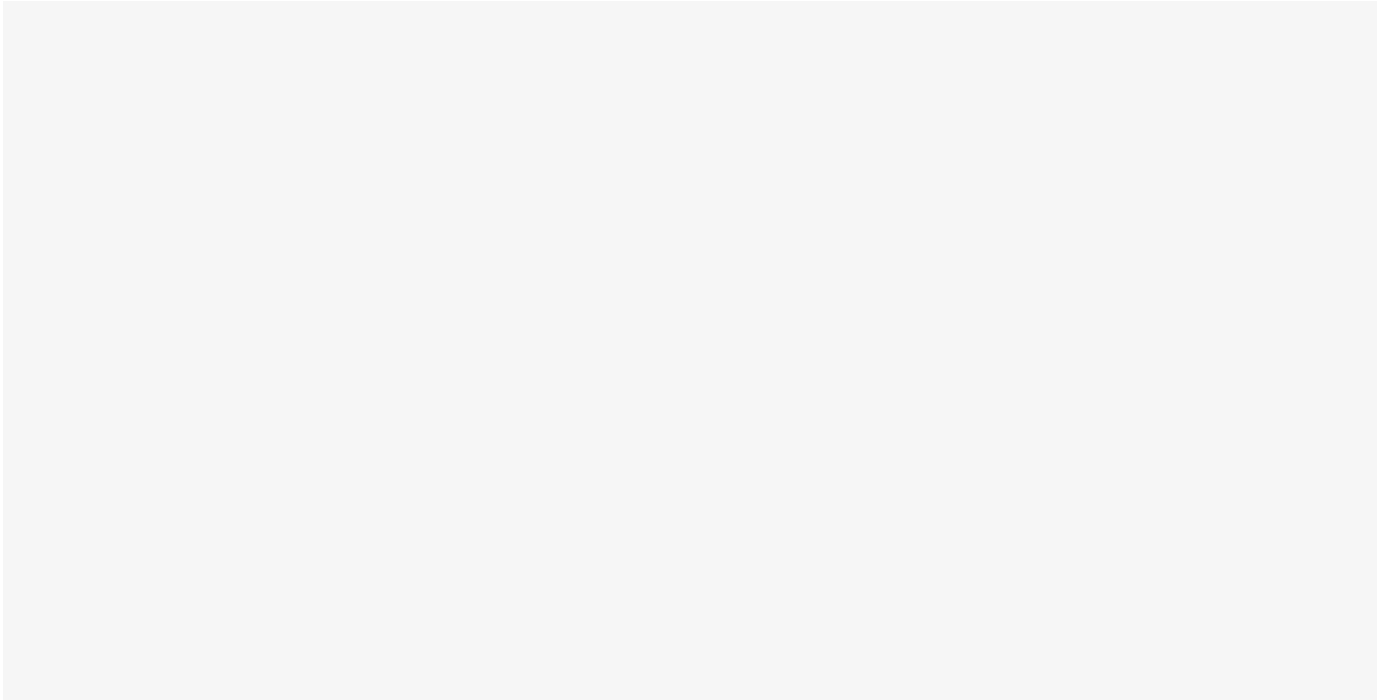
Things I want to work on:

A large, empty, light gray rectangular area intended for the user to write their thoughts on things they want to work on.

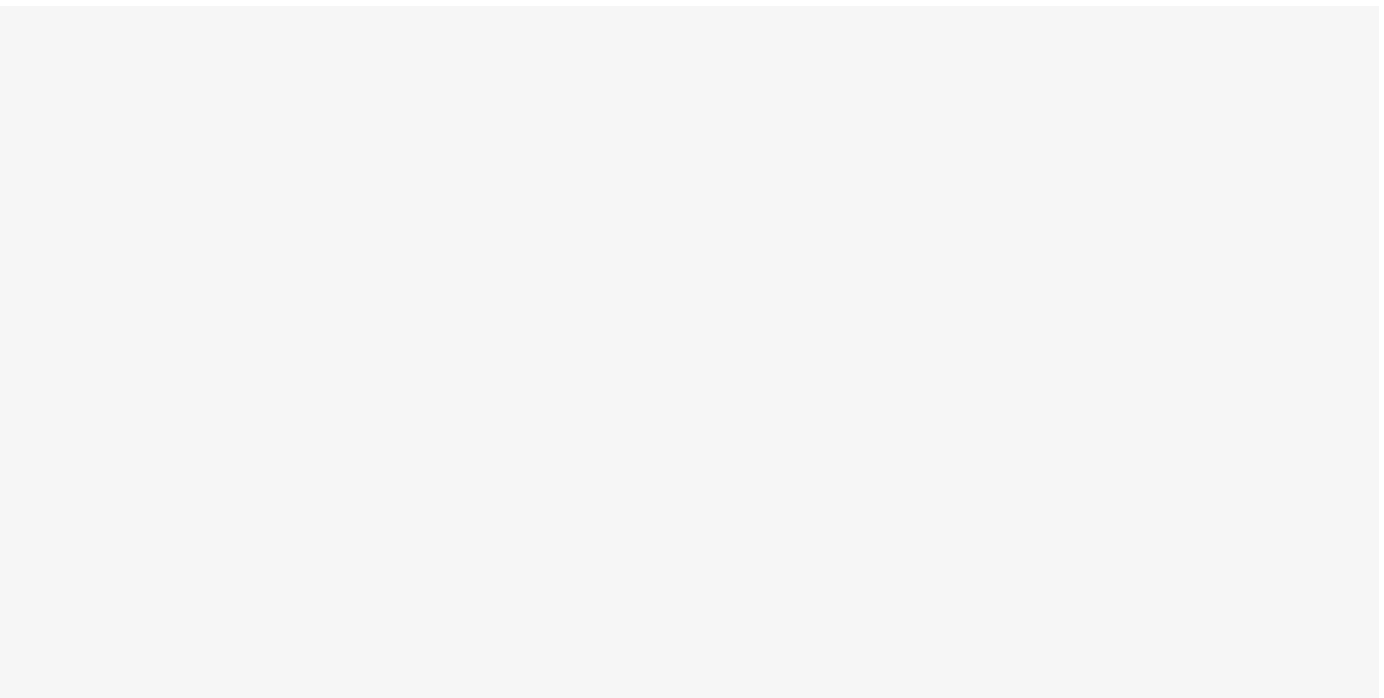
## PREP WORK

### kindness

Things I am celebrating:

A large, empty rectangular area with a light gray background, intended for writing responses to the prompt "Things I am celebrating:".

Ways I can be more gentle with myself:

A large, empty rectangular area with a light gray background, intended for writing responses to the prompt "Ways I can be more gentle with myself:".

# SESSION NOTES

date: \_\_\_\_\_



A large, empty white rectangular area intended for writing session notes.

# SESSION NOTES

date: \_\_\_\_\_



A large, empty white rectangular area intended for writing session notes.