Self-Compassionate Statements

☐ I am at peace with being imperfect.

☐ I am fallible just like everyone else. And that's okay.

☐ I have strengths and weaknesses. Everyone does.

☐ I see myself as generally capable. I can do lots of things well.

☐ Even though I'm imperfect, I'm still a worthwhile person.

☐ Bad times don't define me. I am so much more than that.

☐ Being treated poorly does not change my core worth.

☐ I can laugh at the silly things I do sometimes.

☐ I can find something to enjoy or appreciate each day, no matter what.

☐ It's okay to sometimes feel emotional pain.

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