

Transforming Self-Judgment to Self-Compassion

Think of something you've done that you feel regret about. Write down what it is in observations (without judgments).
Then write down the judgments you have of yourself in relation to what you've done, without editing them.

Observations: _____

Judgments: _____

Self-forgiveness & grieving: (Needs Not Met)

How do you feel in relation to what you did? Notice and note both emotions and physical sensations in your body.

What needs of yours were not met?

Take a moment to breathe and check in with yourself. Do you notice more judgments? If yes, write them down.

Again, identify feelings and needs behind these judgments. Pause each time you identify one to experience it as much as possible.

Self-Compassion: (Needs I Was Trying To Meet)

Connect with and write down the needs you were trying to meet when you did what you've regretted.

As you identify needs you were trying to meet, what emotions and bodily sensations are you feeling?

Breathe and check in with yourself again. How are you feeling? What needs are met or not met right now?

If more judgments arise, connect again with the feelings and needs behind them until you are free from self-judgments.

Self-Connection in the Moment

Read through all of the needs you have identified and connected with so far. Are there any needs of yours that are met by connecting with your needs right now? Is there any internal shift in your energy about the judgment? Any learning from you?

If the judgment still seems as alive to you, consider the following question: Which needs of yours are you trying to meet by holding on to the judgment you have of yourself? How do you feel when you connect with these needs?

Connect with your feelings and needs in this moment. Do you have any requests of yourself in this moment?
Any insights that you want to jot down to remember?
