

Self-Compassion Journal Prompts

How to Use

Choose one prompt per day. Write freely for 5–10 minutes without self-judgment.

Prompts

- If a close friend felt how I feel today, what would I say to them? Offer the same words to yourself.
- Name one thing that was hard this week and one way you showed up anyway.
- What part of me needs kindness right now? How can I respond?
- List three things your body allows you to do that you appreciate.
- Write a compassionate letter to yourself about a recent mistake, focusing on understanding and learning.

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