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Self-kindness statements to remind yourself of your value.

I'm allowed to take up space.

I'm allowed to take time to heal.

I'm doing my best and that is enough.

I choose to be proud of myself.

I will not compare myself to strangers on the internet.

I am enough.

I'm worthy of respect and acceptance.

My needs and wants are important.

Making small steps toward big goals is progress.

I give myself permission to do what is right for me.

I am worthy of trust and love.

I am brave.

I am a survivor and that makes me proud of myself.

On hard days, I will try to love myself more than ever.

This will pass.

I know that my thoughts do not define me.

I am kind.

It doesn't have to be perfect.

I know that thoughts are just thoughts.

I deserve to spend time on the things I love.

I deserve good things.

I know mistakes are a natural part of life.

I can go back through my previous reading to remind myself of how to help myself.

I deserve to put time aside for self-care.



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Create your own self - compassion statements to remind yourself of your value.

You are incredible. I know it's sometimes hard to believe that when you're going through a tough time, but it's true. This worksheet is designed to give you the time to sit down and really think about all of those wonderful qualities you possess. There's only so much space on this worksheet but please feel very free to write on the other side or continue in a notebook – I'm sure with practice, you'll be able to find more and more incredible things about yourself!

- I am confident in my ability to _____
- I am worthy of _____
- I feel proud of myself when _____
- I deserve _____
- I am good at helping others when _____
- I've overcome many difficult challenges, I am more
_____ than I realise.
- I am worthy of _____
- I am the most _____ person I know.
- Other people are lucky to have me in their life because

- What I like about myself is _____

Self COMPASSION



So many things are important for recovery – many of them are hidden here. So grab a cuppa, put your feet up and relax whilst doing our self-compassion and recovery wordsearch.

X J B F L E S U F A C D H K Y N A N V D A F G
E D F C D H W Y H U V R O S W G F D L E J L E
D F O R G I V E N E S S P I E Q G P W L Y V G
E N D X Q D S J P A K Y E Z B L A S A N Z C X
T W A B Y R B E L I E F J T N J F N L K W C I
R D B N O I S S A P M O C L Q G F L C T Q O B
O A I M M Y D B X Z A C I M Q A P E O Z Z M T
P E C N A T P E C C A F L E S N E H I V D M T
P M A W T T M W G D Y W H U J E W O R J E U V
U P T E U N H N E H T G N E R T S M V D I N Y
S W W G L A B I B Z N J I C Q G Z I H P L I Q
R K Z G R B C T G I C U F B J S E A U I O T P
B Q T Q A R B V D R D U B F D Q G R T I V Y V
H P U E H K X K D E C N A T P E C C A Q E N Q
G M Y S E L F C O M P A S S I O N R Z B Q F G
K M A V B K I N D N E S S I L S L E K Z R T U

ACCEPTANCE
BELIEF
COMMUNITY
COMPASSION
FORGIVENESS

HOPE
KINDNESS
LOVE
SELFACCEPTANCE
SELFCOMPASSION

SELFLOVE
STRENGTH
SUPPORT