

## **Week 2: Self-compassion**

**Worksheet 1: List the things you don't like about yourself, or things you tend to tell yourself when you are in a negative space**

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_

**4.** \_\_\_\_\_

**5.** \_\_\_\_\_

**6.** \_\_\_\_\_

**7.** \_\_\_\_\_

**8.** \_\_\_\_\_

**9.** \_\_\_\_\_

**10.** \_\_\_\_\_