

Self-Compassion Break

Daily Log - Practice 3 Breaks a Day for 14 Days

Break 1

Date & Time: _____

Trigger / Situation: _____

Mindfulness – What did you notice? _____

Common Humanity – What reminder did you use? _____

Self-Kindness – What did you say or do? _____

Distress (Before / After): _____

Break 2

Date & Time: _____

Trigger / Situation: _____

Mindfulness – What did you notice? _____

Common Humanity – What reminder did you use? _____

Self-Kindness – What did you say or do? _____

Distress (Before / After): _____

Break 3

Date & Time: _____

Trigger / Situation: _____

Mindfulness – What did you notice? _____

Common Humanity – What reminder did you use? _____

Self-Kindness – What did you say or do? _____

Distress (Before / After): _____

