



## **Self-Compassion-Questions**

- 1.) How do you define self-compassion in your own words? And, how has self-compassion changed the way you talk to yourself on high pain /symptom days?**
- 2.) What roles does patience play in being compassionate with yourself?**
- 3.) In what ways has self-compassion helped you reduce the days you just “push through” the pain?**
- 4.) What is one small comfort you allow yourself on hard days?**
- 5.) What would it look like to treat yourself the way you would treat a close friend with the same condition?**
- 6.) What is one way you practice self-compassion already without realizing it?**
- 7.) What part of your day or routine tends to drain your self-compassion the most? What has helped you pace it more realistically?**
- 8.) What is a boundary you could set as an act of self-compassion?**
- 9.) When you need to rest, what self-talk helps you feel more at peace with your choice?**
- 10.) What is a simple self-compassion practice you can do that is under one minute?**
- 11.) How can self-compassion help to stop comparing your abilities to others or your past?**

- 12.) What is a compassionate way to end a moment or day that didn't go as planned?**
- 13.) What music, scents, or sensory tools help you treat yourself more gently?**
- 14.) How has self-compassion helped you to communicate your needs more effectively?**
- 15.) What does self-compassion look like during long waiting periods? (appointments, tests, treatments, pharmacy, etc)**
- 16.) What is one self-care or habit you could start today that says, "I'm taking care of me"?**
- 17.) How might self-compassion change the way you recover after overdoing it?**
- 18.) What grounding techniques help you return to self-compassion during high pain or symptom flares?**
- 19.) Have you tried setting timers or reminders to help support compassionate pacing? Please share with the group.**
- 20.) What is an affirmation that feels true to you rather than forced?**
- 21.) Have you tried a "self-compassion journal" to help track your progress? Would you find this helpful?**
- 22.) How can self-compassion help you build a more flexible daily routine?**
- 23.) Have you found any visual reminders (notes, placard, bracelet) that could prompt kinder self-talk?**
- 24.) Are there ways you have found to help you simplify tasks instead of abandoning them?**
- 25.) What is a way that self-compassion has helped you advocate for yourself?**
- 26.) What does a short self-compassion pep talk sound like when pain or symptoms are high?**

**27.) How has self-compassion helped you when there have been setbacks?**

**28.) What would a self-compassionate flare plan look like?**

**29.) How can self-compassion help you navigate family and friends who don't understand your limitations?**

**30.) What personal rule could you create that protects your energy as an act of self-compassion?**

**31.) In what ways has self-compassion helped in giving you peace in using mobility aids or accommodations?**

**32.) What is a kind way to talk to yourself when you need to cancel or reschedule plans?**

**33.) What would a "self-compassion break" look like during a flare?**

**34.) What are some realistic expectations you have set as an act of kindness for yourself?**

**35.) How has self-compassion helped you make decisions about priorities and willingness to ask for help?**

**36.) Do you celebrate small wins as a form of self-compassion? Please explain**

**37.) What is a mantra or phrase that has helped you with self-compassion?**

**38.) How does self-compassion help you when you feel frustrated if progress feels slow?**

**39.) What physical self-care actions feel like acts of self-compassion to you?**

**40.) What is one self-compassion question you could ask yourself instead of being self-critical?**