Compassion Worksheet

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

This worksheet is designed to facilitate self-reflection and development in the area of compassion. It should be used as a guide in therapy and personal growth.

UNDERSTANDING COMPASSION

Describe your current understanding of what compassion means to you.

ASSESSING PERSONAL COMPASSION

Reflect on a recent situation where you felt you need to be compassionate for someone. Describe the situation.

How did you respond to this situation in terms of thoughts, feelings, and actions?

Did you feel you were compassionate towards others?

Did you find it challenging to be compassionate?

Reflect on a recent situation where you felt you needed compassion from yourself. Describe the situation.

Did you feel you were compassionate towards yourself?

DEVELOPING COMPASSION SKILLS

List ways in which you can enhance your compassion towards yourself.

Identify specific actions or practices you can adopt to develop your compassion skills (e.g., mindfulness, empathy exercises).

COMPASSION IN DAILY LIFE

Describe one situation in the upcoming week where you plan to practice compassion.

Have you been able to successfully apply compassion in this situation?

Reflect on the outcome of applying compassion in this situation.

OVERCOMING COMPASSION FATIGUE

If applicable, describe any feelings of compassion fatigue you've experienced.

What strategies can you use to address and prevent compassion fatigue?

SETTING COMPASSION GOALS

Set a specific goal related to enhancing your compassion. Include details on how you plan to achieve this goal.

LIFE COACH'S OBSERVATIONS AND DETAILS

Observations and recommendations:

Signature:
Name of Life Coach: _____ Name of Practice: _____