

Thriving with Self-Compassion Reflection Form

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Reflections Completed on: _____

This is your personal space to reflect on the topics we discussed. Such reflections help develop awareness and is an opportunity to deepen your capacity for self-compassion, truly learning to Thrive and Awaken.

REFLECTION #1

How do you experience Fight/Flight/Freeze reactivity? Do you have difficulty having compassion for it?

REFLECTION #1B

How do you judge the environment, others, and yourself? When you judge do you go into fight, flight, or freeze?

Environment	Flight	Fight	Freeze
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Others			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Self			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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REFLECTION #2

Where do you notice being a perpetrator to yourself? How does that feel?

REFLECTION #3

How is your survival mode activated by your bonding?

REFLECTION #4

How do you compare yourself with others, and are you less than or better than?

REFLECTION #5

How do you judge yourself against an IDEAL SELF?

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REFLECTION #6

How do you personalize someone's criticism?

REFLECTION #7

What are the ways you THINK of yourself as NOT ENOUGH?

REFLECTION #8

How is your Value/Worth/Lovability CONTINGENT upon some condition being met?

REFLECTION #9

How have your self-judgments become part of your identity?

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REFLECTION #10

What Ancestral Stories have influenced your self-judgments?

REFLECTION #11

Which misconceptions get in your way of being self-compassionate?

REFLECTION #12

How can you integrate Awareness through your day?

REFLECTION #13

What gets in the way of living more fully from curiosity?

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REFLECTION #14

How have your life challenges been opportunities for you?

OVERVIEW OF HEALTHY SUPPORT:

1. Setting Boundaries
2. Having Balance
3. Protected, Kept Safe
4. Decisions are Based on Long-Term Benefit vs Immediate Relief

REFLECTION #15

How do you NOT support yourself very well.

How come? What are the judgment/expectations/enticements getting in the way?.

How can you better support yourself?

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"In Thriving Mode we are setting boundaries out of love for oneself. I deserve to be treated with respect."

"In Thriving Mode our self-nurturance provides comparable time for rest & rejuvenation."

"Thriving Mode is having the awareness to make decisions based on what is best for us."

OVERVIEW OF COMPLETE ACCEPTANCE:

1. Laughing at How Our Survival Habits are Normal
2. Of Course I'm Still Learning
3. Acceptance or Rejection, It's a Choice
4. Allows for Ideals to be our GPS
5. Our Best Will Vary
6. Life is FOR us, an Opportunity to Evolve & Love Unconditionally

REFLECTION #16

Take some time and listen to how you speak to yourself unkindly. Then choose what to think that is more kind and accepting. In the first column, write out three negative things you say to yourself. In the second column write out your Self Talk that is more reflective of Complete Acceptance.

_____	_____
_____	_____
_____	_____

If you aren't having Complete Acceptance...what is getting in the way?

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REFLECTION #17

What areas would be helpful to show up for?

REFLECTION #18

What are some ways you could pamper yourself?

REFLECTION #19

What are ways you could be kinder and more respectful to you?

REFLECTION #20

How can you encourage yourself in ways that are believable and supportive?

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OVERVIEW OF COMPLETE ACCEPTANCE:

1. Showing Up for One's Self
2. Pampering Yourself
3. Showing Kindness & Respect
4. Art of Self-Reflection
5. Surrounding Self with Caring Friends & Family
6. Encouraging Towards Oneself
7. Self-Empathy

REFLECTION #21

How can you encourage yourself in ways that are believable and supportive?

TAKE A MOMENT....Notice your **BODY**...Ground & Breathe

Clear your **MIND** by focusing on the breath and being in Awe for the existence of your life.

Open your **HEART** and be grateful for developing greater Self-Compassion!