

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
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Others	Flight	Fight	Freeze
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Self	Flight	Fight	Freeze
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____