Exquisite Self Compassion Worksheet

RECOVERY IS THE PROCESS OF LEARNING TO BE DYSLOYAL TO DYSFUNCTION AND LOYAL TO FUNCTIONALITY

1A) List 3 examples of messages you learned that keep you loyal to dysfunction:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

When we break free of loyalty to dysfunction, and become loyal to functionality, we can:
• Stop being our own worst enemy
• Stop engaging in self sabotage
• Stop shaming ourselves
• Stop letting our fears stop us from taking healthy risks
• Refuse to be loyal to the messages of the people who hurt us, abused us, and did not protect us

1B) List 3 examples of messages that support you being loyal to functionality:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

2) Where am I on the continuum? (put an X where you are)

I know nothing about EC                     I am a guru of EC
______________________________________________________________________

3) What does exquisite compassion mean to me?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

What language do I use to refer to myself when I am not practicing EC?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

What language could I use to refer to myself that would demonstrate I am offering myself EC?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

4) A behavior I keep doing that keeps me loyal to dysfunction and harms me is:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
5) My biggest barrier to offering myself EC is:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

6) A message I heard growing up that blocks me from offering myself EC is:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Three Allies
that can be available to me

7A) One personal strength of mine is
____________________________________________________________________________________

7B) One exquisitely compassionate message I want to hear from my personal strength part when I feel challenged or stressed is:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

8A) My interpersonal guide/mentor is
____________________________________________________________________________________

8B) One exquisitely compassionate message I want to hear from this interpersonal guide/mentor when I feel challenged or stressed is:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

9A) My transpersonal (spiritual) caring force/mentor/guide is:
____________________________________________________________________________________

9B) One exquisitely compassionate message I want to hear from this transpersonal guide/mentor when I feel challenged or stressed is:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________