

## 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:

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*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:

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

I know nothing about EC

I am a guru of EC

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3) What does exquisite compassion mean to me?

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

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

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4) A behavior I keep doing that keeps me loyal to dysfunction and harms me is:

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5) My biggest barrier to offering myself EC is:

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

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**Three Allies**  
that can be available to me

7A) One personal strength of mine is

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

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8A) My interpersonal guide/mentor is

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

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

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

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