

# let go

## SELF COMPASSION EXERCISES

WHAT HARD MEMORIES BUBBLE UP TO THE  
SURFACE FOR YOU? SEE YOURSELF IN THAT PICTURE

WHAT CAN YOU SAY TO THAT PERSON IN THE PICTURE TO OFFER THEM  
GRACE & COMPASSION?

WHAT WOULD THE SAFEST PERSON IN YOUR LIFE SAY TO YOU RIGHT  
NOW TO OFFER YOU COMPASSION?

WHAT ARE SOME SMALL VICTORIES OR ACCOMPLISHMENTS YOU CAN  
CELEBRATE?

WHAT ARE A FEW THINGS YOU'VE DONE WELL IN RECENT WEEKS?

WHAT DO YOU IMAGINE JESUS WOULD SAY TO YOU RIGHT NOW?

IS THERE ANY SILVER LINING TO THIS SITUATION?

CAN YOU ACCEPT IN THIS MOMENT YOU ARE DOING THE VERY BEST  
YOU CAN?