



**YOU ARE
WORTHY
OF LOVE**

SELF-KINDNESS

SELF-KINDNESS IS ONE OF THE
THREE ELEMENTS OF SELF-
COMPASSION.

SELF-KINDNESS IS ALLOWING YOU
TO COMFORT YOURSELF, PROVIDE
YOURSELF WITH UNCONDITIONAL
LOVE AND ACCEPTANCE, & BE
THERE FOR YOURSELF.

*Take a second to notice when you
are being self-critical, putting
yourself down for any shortcomings
or mistakes and instead say to
yourself what you would say to a
good friend.*

CREATED BY:
VANESSA SANDOVAL, CSU STANSIALUS
MSW INTERN

ADAPTED FROM:
THE MINDFUL SELF-COMPASSION
WORKBOOK BY KRISTIN NEFF, PhD AND
CHRISTOPHER GERMER, PhD

JANUARY 2021

