

Self-Compassion & Identity-Building Workbook

A Trauma-Informed Christian Workbook

Complete one exercise per day. Bring to session.

Exercise 1: Understanding Self-Compassion

Read Psalm 103:13–14 and Romans 8:1.

Answer honestly below.

How do I speak to myself when I struggle?

How does God speak to weakness?

What would change if I practiced compassion?

Exercise 2: Daily Self-Compassion Statement

Complete daily. Read aloud.

I am experiencing...

This is painful because...

I am allowed to struggle because...

God is present with me because...

Exercise 3: Identity Audit

Use Isaiah 43:1; Ephesians 1:4–5.

I define myself by...

God defines me as...

Exercise 4: Identity Anchors

Choose three truths from Scripture.

Anchor 1

Anchor 2

Anchor 3

Today I choose to live as...

Exercise 5: Thought Record

Use 2 Corinthians 10:5.

Distressing thought

Emotion & intensity (0–10)

Evidence FOR

Evidence AGAINST

Balanced thought

Exercise 6: Shame vs Responsibility

Differentiate shame from growth.

What I shame myself for

My true responsibility

What is not mine to carry

Exercise 7: Self-Compassion in Action

Choose one act of care today.

What did I do?

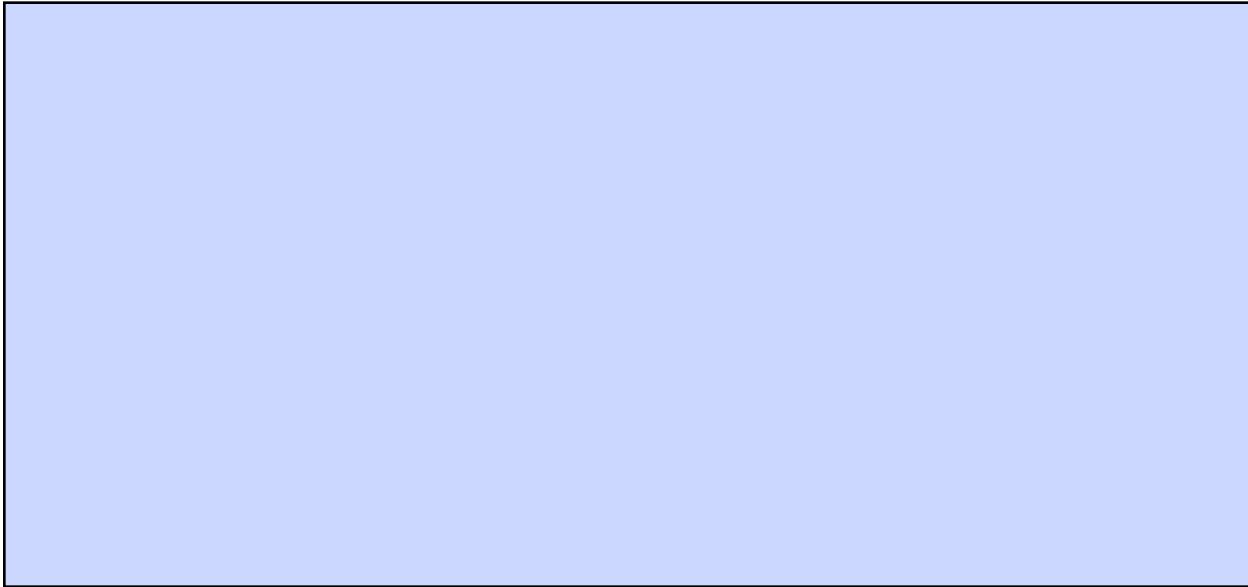
How did I feel?

What resistance came up?

Exercise 8: Letter to Myself

Begin: 'Dear ____, I see how hard you have been trying...'

My letter

A large, light blue rectangular box with a black border, designed to look like a piece of paper for writing a letter.