



Flourish
A group for ADHD Women

SELF COMPASSION WORKSHEET

Hold your hands out and squeeze your fists. Hold a tight fist for at least 30 seconds so that you start feeling some discomfort.

1.

- Close your eyes and explore how you feel, especially what emotions arise when your fists are clenched.
- This is a metaphor for self-criticism – what it feels like when we beat ourselves up. We go through much of our lives like this, fighting ourselves and our experience.



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Now open your palms, turned upward.

- Notice how that makes you feel.

2.

- This is a metaphor for mindfulness – what it feels like when we accept ourselves and our lives with equanimity.

Now extend your palms and your arms forward a little bit.

- How does that make you feel?

3.

- This is a metaphor for common humanity – what it feels like when we reach beyond our separate selves and include others.



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Now place one palm in the other, and slowly bring them both to your chest. Feel the warmth and gentle pressure of your hands on your chest. Breathe gently.

4.

- How does that make you feel?
- This is a metaphor for self-kindness, or self-compassion as a whole. When we care for ourselves, it feels good!