



# Self-Compassion Prompts

QUICK REMINDERS TO RETURN  
FROM FEAR TO HEART.



1

## WHEN YOU FEEL TRIGGERED

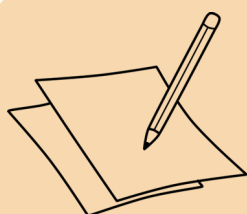
- Pause. Breathe.
- Whisper: *"This is my fear talking, not my heart."*
- Notice what you're feeling — no need to fix it.
- Ask: *"What do I need to feel calm right now?"*



2

## WHEN YOU HAVE A QUIET MOMENT

- Hand on heart. Three slow breaths.
- *"I see the part of me that blames. She learned this to stay safe."*
- *"I forgive what I didn't know."*
- *"May I be kind to myself today."*



3

## JOURNAL PROMPTS

- What triggered me today?
- What emotion sat underneath?
- What helps me soften faster next time?

KEEP THESE WORDS CLOSE. EACH PAUSE IS YOU  
CHOOSING LOVE OVER HABIT.



The Path Within

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