Daily reflection: Noticing compassion

Before you go to bed in the evening, take a few minutes to complete this form to increase awareness of how you treated yourself today when you were suffering.

Please read each statement carefully before answering. For each day, rate how often you behaved in the stated manner over the previous 24 hours:

Not at all				**Very often**
1	**2**	**3**	**4**	**5**

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1. When things went badly for me today, I saw the difficulties as a part of life that everyone experiences.							
2. I tried to be loving towards myself when I was feeling emotional pain.							
3. When I was feeling down or upset today, I reminded myself that there are lots of other people in the world feeling like I am.							
4. When things were difficult today, I was tough on myself.							
5. I was intolerant and impatient towards those aspects of my personality I don't like.							
6. I was caring and tender toward myself today.							
7. I saw my failings as part of the human condition.							
8. When I was suffering, I was kind to myself.							
9. I was a bit cold-hearted towards myself when I suffered today.							
10. When I felt painful things today, I tried to approach my feelings with curiosity and openness.							
11. I was disapproving and judgmental about my own flaws and inadequacies.							
12. I was intolerant and impatient towards those aspects of my personality I don’t like.							