

Healing
by Bridget 



Self-Compassion Reflection



A GENTLE WORKSHEET FOR NOTICING
SELF-CRITICAL THOUGHTS AND
RESPONDING WITH KINDNESS INSTEAD.



Be gentle with yourself.
You are doing better than you think.



A FREE WORKSHEET BY HEALING BY BRIDGET
HEALING HEARTS.  INSPIRING GROWTH. AWAKENING SOULS.

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Thank you for respecting this work and supporting Healing by Bridget so we can continue creating gentle resources to support your healing journey.



Healing by Bridget

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A Note from Bridget



There is a voice inside many of us that quietly points out every mistake, every shortcoming, and every way we believe we should be doing more.

For years, I believed that voice was helping me. I thought it was keeping me motivated, making me stronger, or pushing me to become a better version of myself. But over time, I realized something important: criticism rarely creates the safety we need to grow.

Healing begins when we learn to meet ourselves with the same compassion we so freely offer others.

Self-compassion isn't about pretending everything is perfect or ignoring the parts of ourselves that need attention. It's about recognizing that we are human. We make mistakes. We get tired. We have difficult days. None of those things make us less worthy of kindness.

This worksheet is an invitation to notice the way you speak to yourself and gently choose a different response.

You don't have to silence your inner critic overnight. Simply becoming aware of it is a beautiful place to begin.

With love,

Bridget





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Before You Begin



Find a quiet place where you can pause for a few minutes
without feeling rushed.



Take one slow breath in... and slowly breathe out.



There is no right or wrong way to complete this reflection.

You are not here to judge yourself or fix anything.

You are simply becoming curious about the words you
speak to yourself each day.



As you write, imagine you are sitting beside a dear friend
who is carrying the same experience. Notice how naturally
compassion arises for them.

Now gently allow a little of that same compassion
to flow toward yourself.



If difficult emotions arise, pause whenever you need to.
Place a hand over your heart, take another slow breath,
and remind yourself that you are safe in this moment.



This is not about becoming perfect.

It is about remembering that you deserve kindness, too.



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Guided Worksheet

A SPACE FOR GENTLE SELF-REFLECTION

Take your time with each question. There is no rush and no pressure to have the perfect answer. Write from the heart and be honest with yourself.

1. What is something your inner critic says to you most often? 

Write it here.

2. How does that voice make you feel in your body and mind? 

Notice the emotions, sensations, or thoughts that arise.

3. If a dear friend came to you with the same struggle, what would you say to comfort them? 

Write those kind, supportive words here.



You are showing up for yourself.
That is something to be proud of.



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Closing Reflection

You took time for yourself today. That is something worth celebrating.
Before you close, take a moment to recognize what you've noticed,
what you've learned, and what you want to remember.

1. What is one insight you gained from this reflection? 
Write it here.

2. What is one gentle reminder you want to carry with you
when your inner critic gets loud? 
Write it here.

3. What is one small act of self-compassion you can offer
yourself in the next few days? 
Write your gentle commitment.



*You are allowed to be both a work in progress
and deeply worthy of kindness.*



THANK YOU FOR SHOWING UP FOR YOURSELF TODAY.
YOU DESERVE THE COMPASSION YOU GIVE SO FREELY TO OTHERS.

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Continue Your Journey

This worksheet is just one small step on your healing path. Inside the Awakening the Heart Membership, you'll find a growing library of gentle resources to support you every step of the way.



Ready to go deeper?

The Awakening the Heart Membership gives you full access to exclusive guides, journals, meditations, and practices created to help you feel supported, inspired, and never alone on your journey back to yourself.

*Gentle support. Meaningful healing.
A community that gets you.*

Explore More

SCAN TO VISIT THE LIBRARY



Discover more free resources and learn about the full membership experience.



More Gentle Resources Are On Their Way



Here's a glimpse of what's coming soon to support your intuitive journey:



Everyday Intuition

Simple ways to tune in and trust your guidance every day.



Signs, Symbols & Synchronicities

Learn to recognize the messages your soul is always sending you.



Trusting Your Inner Knowing

Build confidence in your intuition and quiet self-doubt gently.



Quieting the Noise

Let go of mental clutter and reconnect with your wisdom.



Gentle Morning Rituals

Begin your day with practices that nourish your soul and heart.



Evening Reflections

Wind down, release the day, and return home to yourself.



You are not alone on this path.

Thank you for letting me be a small part of your healing journey.
I'm so proud of you for choosing you.

