



Willow & Harbor THERAPY



A safe place for healing and growth in every season of life

Self-Confidence & Self-Compassion Worksheet

1. Check-In

Take a moment to reflect on how you've been feeling lately.

- How would you describe your mood today?

- What thoughts have you been having about yourself this week?

2. Noticing Self-Talk

Think of a recent moment when you felt self-doubt or were hard on yourself.

- What happened?

- What did you say to yourself in that moment?

3. Shifting to Self-Compassion

Now, imagine a close friend came to you with the exact same situation.

- What would you say to them?

- How would your tone be different from how you spoke to yourself?

4. Rewriting the Narrative

Practice offering yourself a more compassionate and supportive response.

- Original self-critical thought:

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- **New self-compassionate response:**
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5. Building Confidence Through Evidence

Let's challenge the idea that you're "not enough" by looking at real evidence.

List 3 things you've done well, handled, or gotten through recently (big or small):

1.

2.

3.

- **What do these say about you?**
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6. Strength Reflection

Write down a few strengths or qualities you have:

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7. Daily Practice

Try this simple practice each day:

- **One moment I handled well today:**
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- One kind thing I can say to myself:

8. Closing Reflection

- What is one thing you want to remember from this exercise?

- What would it look like to treat yourself with more compassion this week?

Reminder: Growth doesn't come from being harsh with yourself—it comes from being supported, even by your own voice.