

# From Self-Pity to Self-Compassion

A Self-Growth Journaling Guide

By Andressa Martins



# 15 Days From Self-Pity to Self-Compassion

A Mindful Practice to Change  
the Way You Speak to Yourself



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*Self-pity doesn't shout, it whispers quietly, repeatedly, especially when you're tired, disappointed, or hurt.*

*This 15-day challenge isn't about forcing positivity or "fixing" yourself. It's about softening your inner voice and creating small moments of safety within. It's an invitation to slow down and become mindfully present with your inner world.*

*Each day, you'll practice carrying one phrase with you while intentionally connecting it to your body, your breath, and your actions.*

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*How to Practice (Mindfully)*

Each day:

- *Read the phrase slowly, preferably in the morning*
- *Notice how your body responds as you read it*
- *Use it at least once when you notice self-criticism or emotional heaviness*
- *Repeat the phrase while mindfully doing the suggested action*
- *At the end of the day, reflect:*

*What did I notice in my body when I practised this? When did I remember this today?*

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## Day 1 Phrase:



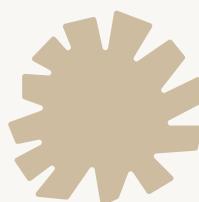
*“I am allowed to feel what I feel without judging myself.”*



## Mindful practice:



When an emotion arises today, pause for a few seconds. Don't analyze it, just name it: “I'm feeling tired.” “I'm feeling sad.”



Notice where you feel it in your body. As you breathe slowly, repeat the phrase and allow the sensation to exist without trying to change it.



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## Day 2 Phrase:

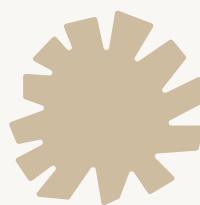
*“My pain is valid, but it doesn’t define who I am.”*



## Mindful practice:



Write one sentence that begins with: “Even though this hurts, I am still...”



Then place one hand on your chest and one on your abdomen. As you breathe, repeat the phrase slowly and notice any warmth, softness, or resistance in your body.



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## Day 3 Phrase:

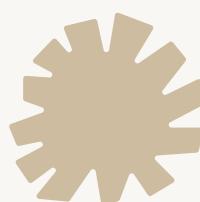
*“I can acknowledge what hurts without staying stuck in it.”*



## Mindful practice:



When you catch yourself replaying a painful story, gently pause and say: “I see you, pain. I don’t need to live here.”



Take one slow breath, feel your feet on the ground, and repeat the phrase while reconnecting with the present moment.



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## Day 4 Phrase:

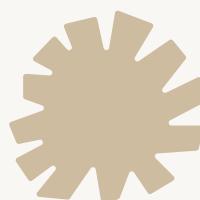
*“This moment is difficult, and I am still worthy of kindness.”*



## Mindful practice:



Do one small act of kindness toward yourself today intentionally—slower movements, a warm drink, resting your shoulders.



As you do it, repeat the phrase and notice how your body responds to being treated gently.

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## Day 5 Phrase:

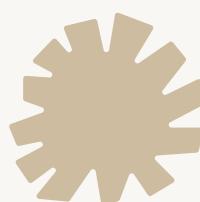
*“I am doing the best I can with what I know right now.”*



## Mindful practice:



When self-criticism appears, pause and place a hand over your heart.



Breathe slowly and repeat the phrase, noticing any tension or release in your chest.



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## Day 6 Phrase:

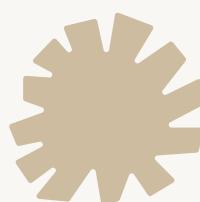
*“I don’t need to compare my healing to anyone else’s.”*



## Mindful practice:



Notice when comparison arises today. Take a conscious breath, relax your jaw or shoulders, and repeat the phrase while bringing your attention back to your own body.



Unfollow, mute, or mentally release one comparison today.

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## Day 7 Phrase:

*“I can be compassionate with myself, even when I feel weak.”*

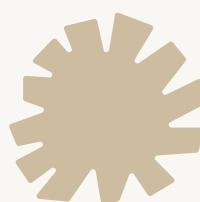


## Mindful practice:



Sit quietly for one minute. Notice your posture, your breath, and any sensations.

Repeat the phrase slowly, as if you were speaking to a close friend.



## Optional reflection:

“If a friend felt like this, I would tell them...”

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## Day 8 Phrase:

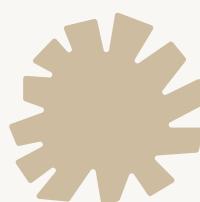
*“What happened to me matters—but it is not the whole story of who I am.”*



## Mindful practice:



As you repeat the phrase, notice your breathing. With each exhale, imagine creating a little more space inside your body for who you are becoming.



List three qualities about yourself that exist beyond your pain.

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## Day 9 Phrase:

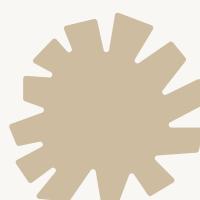
*“I can grieve what I didn’t receive without losing myself in it.”*



## Mindful practice:



Allow yourself a few mindful moments to feel sadness today.



Stay connected to your breath and body, repeat the phrase to anchor yourself, and then gently return to the present moment.



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### Day 10 Phrase:

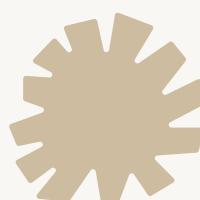
*“I am learning to support myself in ways I once needed from others.”*



### Mindful practice:



Ask yourself what you need today.



As you respond to that need—emotionally or physically—repeat the phrase and notice how it feels to offer yourself care.



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## Day 11 Phrase:

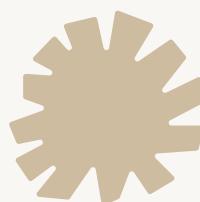
*“It is safe for me to grow beyond old patterns.”*



## Mindful practice:



When you notice a familiar reaction today, pause.



Feel your body, take one slow breath, and repeat the phrase before choosing how to respond.



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### Day 12 Phrase:

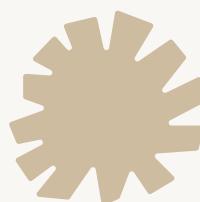
*“I don’t have to prove my worth through suffering.”*



### Mindful practice:



Rest without explaining yourself today, even if only briefly.



As you rest, notice any discomfort or permission arising in your body while repeating the phrase.



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## Day 13 Phrase:

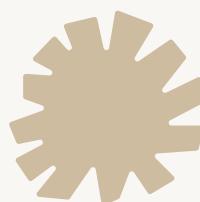
*“I can choose gentleness instead of self-criticism today.”*



## Mindful practice:



When a harsh thought appears, pause and soften your breath.



Repeat the phrase and notice how your body reacts to gentler inner language.



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## Day 14 Phrase:

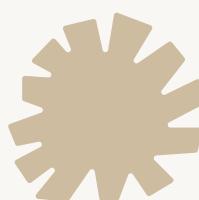
*“Healing doesn’t mean forgetting. It means moving forward with care.”*



## Mindful practice:



As you repeat the phrase, notice your posture and breath. Imagine yourself moving forward slowly, grounded, and supported.



## Optional:

Write a short note to yourself as if you were speaking from the future.



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## Day 15 Phrase:

*“I am not helpless. I am healing.”*

## Mindful practice:

Look back on the past 15 days. As you repeat the phrase, notice any changes in how your body feels compared to day one, no matter how subtle.

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*Self-compassion is not only a thought, it's a felt experience. When you practice it mindfully, you teach your nervous system that safety, care, and support can come from within.*

*Small phrases, repeated gently, can shift the nervous system, soften the inner dialogue, and change the way you experience yourself over time.*



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## *A Final Note*

*If this practice brought up emotions, memories, or questions you'd like to explore more deeply, you don't have to hold them on your own.*

*You're welcome to explore more free self-growth resources [here](#), or book a session with me [here](#) if you'd like professional, compassionate support along the way.*

*With care,  
Andressa Martins*

