

# Writing Exercise for Self-Kindness



**Resilient Parenting**  
FOR BEREAVED FAMILIES



Self-kindness is something you can practice every day when you feel stressed, frustrated, anxious, or any other difficult emotion. These feelings don't have to be caused by extremely difficult events. They often happen in response to the stress of day-to-day life. Make being kind to yourself when you feel badly a habit so that you don't end up feeling even worse.

Here is a short writing exercise you can use to help bring self-kindness to the difficult things that happen in daily life.

1. Describe something that happened in the last couple of days that made you feel mildly to moderately upset, overwhelmed, stressed, anxious, sad, or some other uncomfortable feeling. What happened? Where were you? What led up to this event? Who else was present? How did you feel at the time?

---

---

---

2. How might you express kindness, concern, or support for a good friend who is experiencing an event like this? What would you say or do?

---

---

---

3. How could you express this same kind of understanding, kindness, and concern to yourself in this situation? Write down things you can say to yourself.

---

---

---

**MODULE 1: Be Kind to Yourself**

[www.bereavedparenting.org](http://www.bereavedparenting.org)

© 2021 Arizona State University,  
All Rights Reserved



Sponsored by



NEW YORK LIFE  
FOUNDATION