THERAPEUTIC EMPOWERMENT
& WELLNESS

GIVE YOURSELF SOME GRACE

A gentle guide to self-compassion and letting go of perfection

You can be learning, growing, and doing your best — even on days that feel messy.

This mini-workbook is a space to soften your inner voice, notice the effort you are making, and practice treating yourself with the kindness you offer others.

Inside this workbook

1. Notice your inner critic
2. Rewrite the story with compassion
3. Release an unrealistic expectation
4. Create your own grace-filled reminder

Take what helps. Skip what doesn't. There is no perfect way to use these pages.

01 Notice Your Inner Critic

We often speak to ourselves more harshly than we would speak to someone we care about. Awareness is the first step toward changing that pattern.

Think of a recent moment when you felt you fell short. What did you tell yourself?

What were you feeling or needing in that moment?

Gentle reminder: A difficult moment does not define your worth. You can acknowledge a mistake without turning it into a judgment about who you are.

02 Speak to Yourself Like a Friend

Imagine a friend came to you with the exact same struggle. What would you say to help them feel understood, not judged?

What would you tell that friend?

Now rewrite your original self-critical thought in a kinder, more balanced way.

Try this: “I am having a hard time, and I can still take one small step.”

“I wish I had handled that differently. I can learn from it without punishing myself.”

03 Make Room for Grace

Sometimes the pressure comes from rules we never stopped to question: I should always be productive. I should have everything figured out. I should never need help.

One expectation I am ready to loosen:

A more realistic, compassionate expectation:

One small way I can show myself grace this week:

My grace-filled reminder:
I am allowed to be a work in progress. Rest, support, and small steps count.

Keep exploring

For more practical exercises and emotional wellness support, explore TEW's free wellness resources at therapeuticempowerwellness.com/free-wellness-resources.

Educational resource only; not a substitute for individualized mental health care.