NEW DAY RECOVERY

Session 15 Handout

The Self-Compassion Rewrite

From Session 15. Self-compassion has three parts — self-kindness, common humanity, honest awareness. Firm about behavior, warm about the person.

Name: _____ **Date:** _____

Contempt feels like motivation and functions like a trigger. The voice we are building says: "That was wrong, it mattered, here is the repair — and you are still mine, still in this, still getting up."

My rewrite

My most common self-attack:

Rewrite it using the frame:

"This is a moment of struggle. Struggle is part of being human and in recovery. I did _____ (honest behavior). The next right step is _____. And I am still _____ (true identity statement)."

Which part is hardest for me: ☐ kindness ☐ common humanity ☐ honest awareness

Homework: catch one self-attack per day and write the rewrite. Bring the rewrite that was hardest to believe to Session 16.