

Strengths-Based Self-Compassion for Overcoming Self-Sabotage

Encourage clients to use wisdom and self-compassion and their personal strengths to counteract the part of their psyche that can self-sabotage at times.

Instructions:

1. Identify your strengths

Reflect on the qualities or strengths that make you unique. These can be personal traits or skills you've developed. Write down at least three strengths.

Example: Creativity, Empathy, Persistence

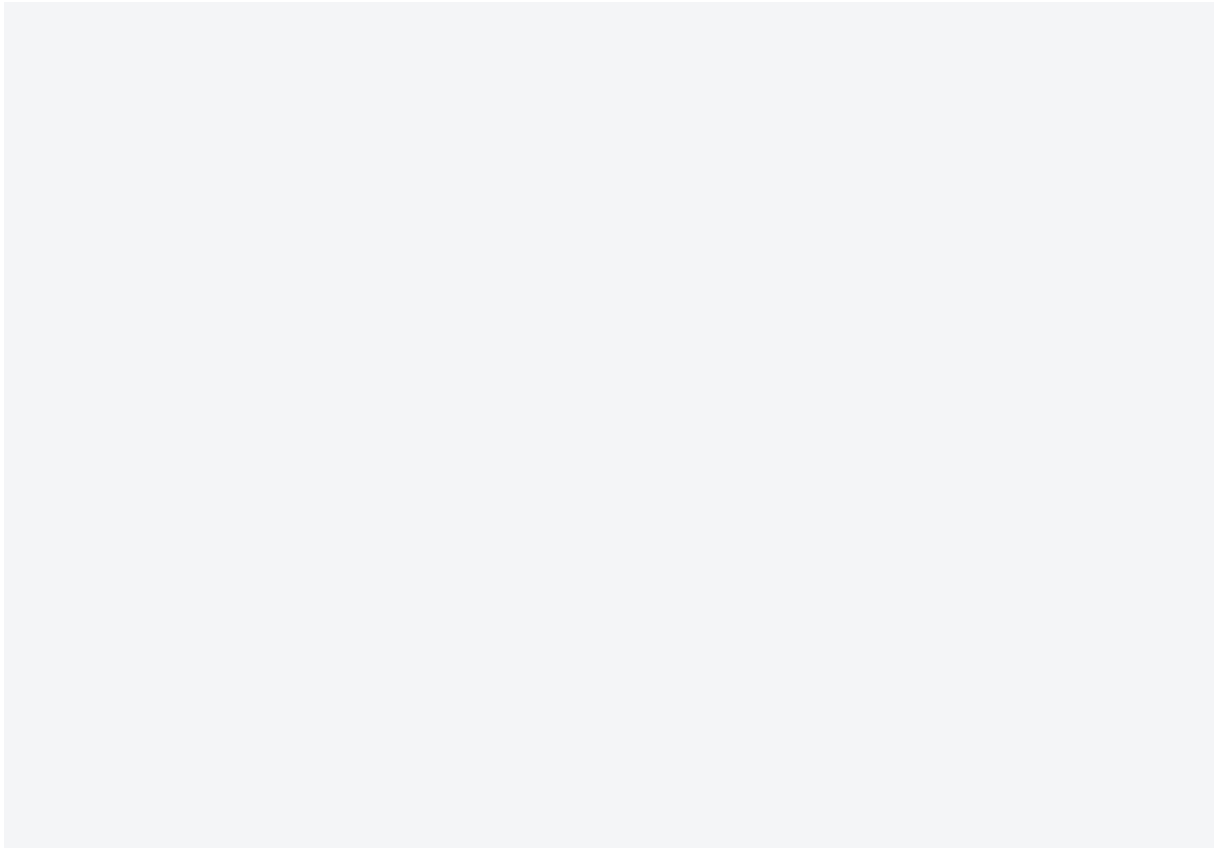
2. Link your strengths to self-sabotage

Now, think about a time when you engaged in self-sabotaging behavior. How could one of your strengths help you respond differently next time? Fill out the table below with your thoughts and answers.

Self-Sabotaging Behavior	Strength That Can Help	How Will You Use This Strength?

3. Self-compassion practice

Now, write a self-compassionate letter to yourself as if you were a close friend who just experienced a setback. Use kind, understanding language based on your strengths to reflect on the part of you that self-sabotages and how you can grow from it.



Dr. Laura Anne Copley