

Worksheet 3

Fierce self-compassion in action

Identifying where you need to protect, provide for, or motivate yourself.

Tender self-compassion is not enough on its own. There are times when caring for yourself means standing up, drawing a line, or asking clearly for what you need. This worksheet helps you translate fierce self-compassion into specific action.

The three faces of fierce self-compassion

Protecting. *Saying no, drawing boundaries, defending yourself.*

A situation where I need to protect myself or my limits:

Providing. *Asking for and meeting your real needs.*

A need I have been ignoring or minimising:

Motivating. *Encouraging change with kindness, not shame.*

A change I want to make — and what I want to say to myself about it:

My fierce self-compassion action plan

Choose **one** situation from above. Then plan a small, concrete action you will take this week.

The situation:

What I value here (what is worth protecting):

My fierce action — what I will do, say, or stop doing:

My self-compassion mantra for this — words I will repeat:

References

Neff, K. D. (2021). *Fierce self-compassion: How women can harness kindness to speak up, claim their power, and thrive*. Harper Wave.