

Compassionate Reframe Tool

Purpose

The goal isn't to erase hard feelings. It's to change the tone you use with yourself.

Step 1: Notice the Moment

Think about a recent situation that felt difficult.

What's the tone of your inner voice right now?

- ☐ Harsh
 - ☐ Critical
 - ☐ Pressuring
 - ☐ Neutral
 - ☐ Gentle
 - ☐ Other: _____
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Step 2: Shift the Tone

Imagine offering care instead of criticism.

Write one sentence you might say with kindness:

Step 3: Offer It Inward

Read that sentence back to yourself—slowly.

What changes, even slightly, when the tone softens?

Step 4: Keep It Gentle

Compassion doesn't need to fix everything.

One phrase I can return to today is:

Reflection

Compassion changes tone before it changes thoughts. A softer tone makes room for steadier footing.
