



Self-Compassion Break

When you notice that you're feeling stress or emotional discomfort, see if you can find the discomfort in your body. Where do you feel it the most? Make contact with the sensations as they arise in your body.

Now, say to yourself, slowly:

1. ***"This is a moment of stress, or difficulty"***

That's mindfulness. Other options include:

- *This hurts.*
- *Ouch!*
- *This is difficult.*

2. ***"Stress and difficulties are a part of life"***

That's common humanity. Other options include:

- *I'm not alone. Others are just like me.*
- *We all struggle in our lives.*
- *This is how it feels when a person struggles in this way.*

Now, put your hands over your heart, or wherever it feels soothing, feeling the warmth and gentle touch of your hands.

Say to yourself:

3. ***"May I be kind to myself,"*** or another way of saying this is,

"May I give myself what I need" or "I've got your back"



See if you can find words for what *you need* in times like this.

If I need more motivating (yang) self-compassion options may include:

- *May I be strong*
- *May I be patient with myself*
- *I'm right here*
- *May I feel protected*
- *I/We can do this*

If I need more gentle (yin) self-compassion options may include:

- *May I accept myself as I am*
- *May I learn to accept myself as I am*
- *May I feel supported*
- *May I forgive myself*

If you're having difficulty finding the right words, imagine that a dear friend or loved one is having the same problem as you. What would you say to this person? If your friend would leave with just a few words in mind, what would you like those words to be? What message would you like to deliver, heart to heart? Now see if you can offer the same message to yourself.