



Self-Compassion Break in Relationships

Rather than getting caught in a downward spiral, Self-Compassion Break is a way to change the tone and direction of a conversation. Try taking a Self-Compassion Break the next time you're in a heated argument.

- Excuse yourself from the interaction, place a hand over your heart or elsewhere as an expression of self-kindness and silently repeat, ***“this is a moment of suffering... suffering is part of any relationship... may I be kind to myself... may I give myself the compassion that I need.”***
- When one or both of you feel you've shifted from feeling threatened to a caregiving state of mind, starting with yourself, the conversation can be continued.
- You may also want to practice giving and receiving compassion (breathing in for me, out for you) during the ensuing conversation to sustain a compassionate frame of mind.