

The Self-Compassionate Break

(adapted from Kristin Neff's work on self-compassion)



This practice can be used any time of day or night, and will help you remember to evoke the three aspects of self-compassion when you need it most.

1

This is a moment of suffering

Or you could say:

This hurts.
This is difficult
This is stressful.

2

Suffering is a part of life. That's common humanity.

Or you could say:

Other people feel this way.
I am not alone.
We all struggle in our lives.

Now put your hand over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest.

3

May I be kind to myself

Ask yourself: What do I need right now to express kindness to myself?

Is there a phrase that speaks to you in your particular situation, such as:

May what's happening right now pass.
May things go well for me.
May I learn to accept myself as I am.
May I forgive myself.
May I be strong.
May I be patient.

