

Self-Compassion Exercise

Sections
2 & 11



Most of us want to move through our world with a compassionate presence. And many of us would benefit from gentle reminders to include ourselves within the circle of our own good care. One way to sustain our compassion for others is to fill our own essential emotional tank by giving ourselves the very same care and kindness we give to others; that's self-compassion. The next time you feel like you have fallen short of your own expectations, or you have made a mistake and difficult emotions arise - pause and try this short exercise. Say the following phrases to yourself as a reminder to practice self-compassion.

Practice:

May I give myself the space and time to feel my difficult emotions when I believe I have not measured up.

May I be gentle with myself and recognize that all humans are imperfect, including me.

May I remember that I am not alone, I am part of humanity.

May I speak to myself with the kindness I would to others.

May I begin to forgive myself for my actions or inactions.

May I reach out to others for understanding and love when weighed down by shame.