

# 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.