



# Self-Compassion for self-doubt



Settle into your chair or cushion with spine straight and hands folded on your lap, following your breath for a few moments.

Feel the self-doubt you experience. Feel the emotional distress of it in your body. Tell yourself, "This is emotional pain. It is a form of suffering." Acknowledge that every human being suffers now and then.

Bring to mind someone close to you whom you love who struggles with self-doubt. Feel your heart open to this person with compassion and the wish for healing as you inwardly recite the following:

May you always be held in compassion.

May you always know your worth and value as a human being.

May you be at peace on the inside regardless of what happens on the outside.

Now imagine that this loved one is returning compassion to you, acknowledging the struggles with self-doubts you carry. Imagine they say to you with tenderness the same words:

May you always be held in compassion.

May you always know your worth and value as a human being.

May you be at peace on the inside regardless of what happens on the outside.

Allow their compassionate wishes to touch you and open your heart wider. Now, direct the same compassion to yourself.

May I always be held in compassion.

May I always know my worth and value as a human being.

May I be at peace on the inside regardless of what happens on the outside.

Paraphrased from Jack Kornfield - <https://jackkornfield.com>