



# Self-Compassion



This is a guided process for extending compassion to yourself. Please don't do this process while driving a car or operating any kind of machinery.

Settle into your chair or cushion with spine straight and hands folded on your lap.

Think of a situation in your life that is difficult and is causing you to feel stress, anxiety, and possibly self-doubt.

Feel the emotional distress in your body.

Tell yourself, "This is emotional pain. It is a form of suffering."

Observe the emotional pain you feel when pressured or when you doubt yourself. Notice it without judging the experience. Simply observe it.

Next, acknowledge to yourself that suffering is a part of life; Everyone suffers now and then; Every one doubts themselves from time to time; You are not alone in feeling this way.

Now, gently place your hands over your heart. Feel the warmth of your hands and the gentle touch on your chest, and silently say to yourself,

May I be understanding with myself.

May I engage the pressures of life with understanding instead of fear.

May I learn to accept myself completely, exactly as I am, strengths, flaws and all.

May I forgive myself instead of condemning myself when I make mistakes.

May I be strong in realizing my intentions.

May I be patient with myself and my process of growth.

On the next breath open your eyes.

Feel compassion for all human beings including yourself.