



Self-Compassion Pause

Date / Time

So far today, have you brought kind awareness to your:

Thoughts?

Heart?

Body?

None of the Above

PURPOSE/EFFECTS

Self-compassion is a powerful tool you can use to improve your well-being, self-confidence and resilience. Many find it easy to have compassion for others but struggle in applying this same kindness to themselves. By taking moments throughout your day to pause and practice self-compassion, you can gradually increase this quality and make it a more regular habit in your life.

METHOD

Summary:

Pause a few times a day – especially when you are feeling stressed or overwhelmed – and practice self-compassion.

Long Version

- When you find yourself stressed out in a difficult situation, take a moment to pause.
- Reach up and touch your heart or give yourself a hug if you are comfortable with that.
- Take a few deep breaths.
- Acknowledge that you are suffering and see if you can treat yourself with as much kindness as you would a dear friend or child who was struggling.
- Offer yourself phrases of compassion, first by acknowledging your suffering:
 - “This is suffering.” or “This is really painful/difficult right now.” or “Wow, I am really suffering right now!”
 - “Suffering is a part of being human.”
 - For the final phrase(s), choose whatever is most appropriate for your situation. Feel free to use any of the following phrases or create your own:
 - May I hold myself with compassion.
 - May I love and accept myself just as I am.
 - May I experience peace.
 - May I remember to treat myself with love and kindness.

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Self-Compassion Pause

- May I open to my experience just as it is.
- Return to your daily activities, intentionally carrying an attitude of self-compassion and acceptance to your day.

HISTORY

This method was adapted from the Self-Compassion Pause used in Kristin Neff and Christopher Germer's Mindful Self-Compassion (MSC) training program. For more information about their program and about self-compassion, visit:

<http://www.mindfulselfcompassion.org/>

and

<http://selfcompassion.org/>

thank you for your mindfulness practice

May I continue to look deeply into
my mind, my heart and body.

May I see things and meet things
AS THEY ARE

and may this clear and sustained knowing free me
**FOR THE SAKE OF
ALL BEINGS.**