

Self-Compassion

“When you wake up in the morning, tell yourself: The people I deal with today will be meddling, ungrateful, arrogant, dishonest, jealous, and surly. They are like this because they can’t tell good from evil.”-Marcus Aurelius

How Would You Treat a Friend? By Dr. Kristin Neff

Perhaps the single best way to provoke compassion for yourself is through this exercise: ***treating yourself like a good friend.***

It’s easy to give our friends love, compassion, and understanding, even when they fail or make a mistake. It can be much harder to extend that same understanding and compassion to ourselves when we make a mistake.

Follow these instructions from self-compassion expert Dr. Kristin Neff to start showing yourself more compassion:

1. First, think about times when a close friend feels really bad about him or herself or is really struggling in some way. How would you respond to your friend in this situation (especially when you’re at your best)? Please write down what you typically do, what you say, and note the tone in which you typically talk to your friends.
2. Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.
3. Did you notice a difference? If so, ask yourself why. What factors or fears come into play that lead you to treat yourself and others so differently?
4. Please write down how you think things might change if you responded to yourself in the same way you typically respond to a close friend when you’re suffering.

“Your feelings aren’t a problem you’re supposed to ignore or fix. They’re your feedback about how you’re doing or what you need in life. Try to tune in, not out.”-Allyson Dinneen

Self-Compassion Break

By Dr. Kristin Neff

Think of a situation in your life that is difficult, that is causing you stress. Call the situation to mind, and see if you can actually feel the stress and emotional discomfort in your body.

Now, say to yourself:

1. This is a moment of suffering

That's mindfulness. Other options include:

- This hurts.
- Ouch.
- This is stressful.

2. Suffering is a part of life

That's common humanity. Other options include:

- Other people feel this way.
- I'm not alone.
- We all struggle in our lives.

Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you.

Say to yourself:

3. May I be kind to myself

You can also ask yourself, "What do I need to hear right now to express kindness to myself?" Is there a phrase that speaks to you in your particular situation, such as;

- May I give myself the compassion that I need
- May I learn to accept myself as I am
- May I forgive myself

- May I be strong.
- May I be patient

This practice can be used any time of day or night, and will help you remember to evoke the three aspects of self-compassion when you need it most.

Emotional reasoning is a type of cognitive distortion in which a person *feels* their emotional reaction to something *defines* its *reality*.

Is what you feel REAL???

3 Questions To Ask Yourself When Triggered

1. What event triggered my emotion?
2. What assumptions am I making about this event?
3. Does my emotion and its intensity match the facts of the situation?