

RELATING TO YOURSELF WITH COMPASSION

Mindful Self-Compassion practices, like this one, are scientifically proven methods to help breakthrough emotional pain, suffering, anxiety, depression, and more.

This journal practice provides a method to be kind to yourself when you are feeling insecurities, painful emotions, having a rough day, or are going through especially difficult times.

THREE ASPECTS OF MINDFUL SELF-COMPASSION

1) SELF-KINDNESS



Being kind and understanding with oneself as one would be with a friend. Understanding that we are intrinsically deserving of care and kindness just like everyone else.

2) COMMON HUMANITY



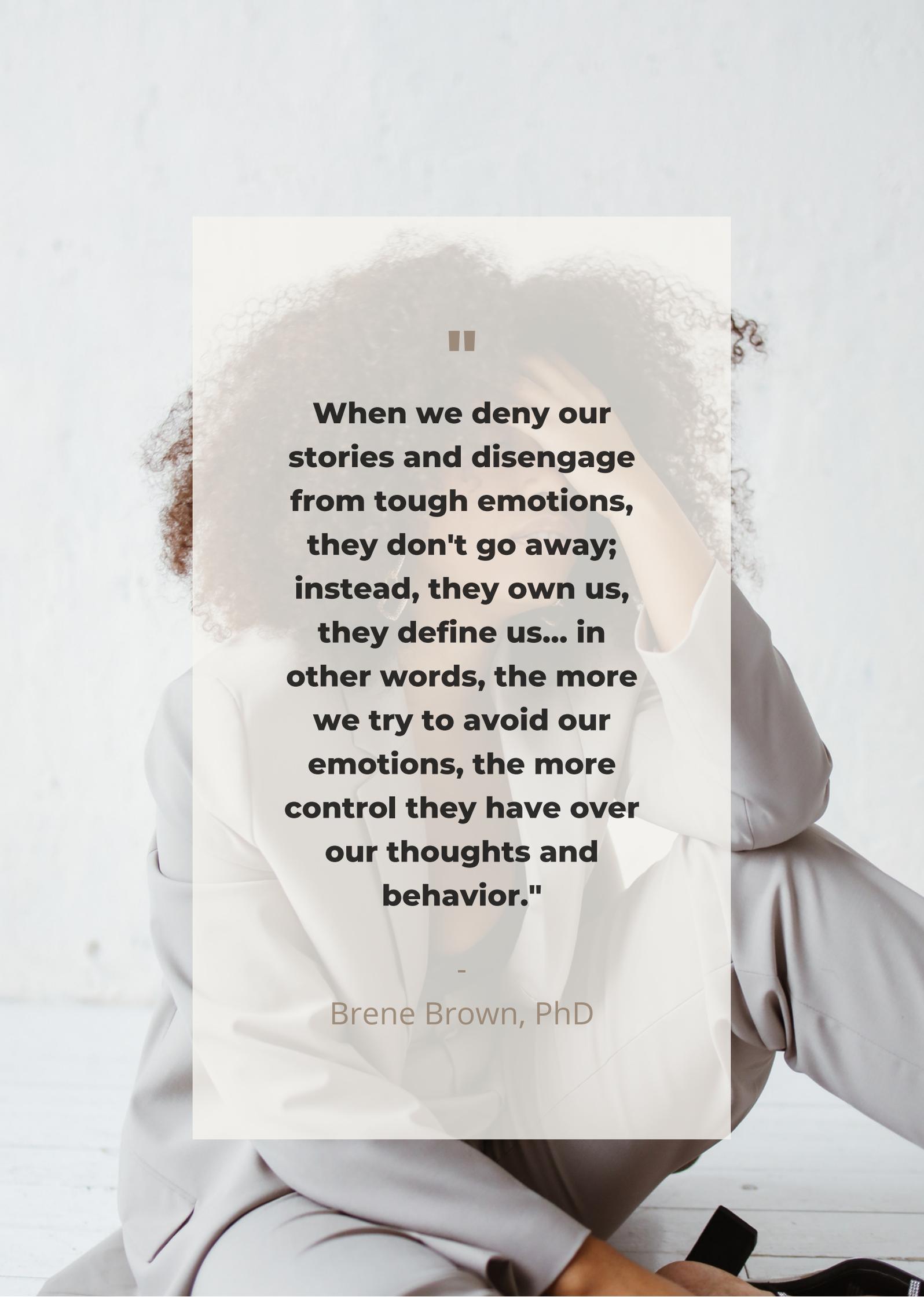
Understanding that we're not alone in our mistakes, weakness, failures and pain. As this is all intrinsically human and a normal part of life. Life is tough and we are all learning as we go.

3) MINDFULNESS



Being mindful (observing) our own emotions and feelings without over-identifying with them. Validating our emotions without shaming or adding fuel to the fire.

We need to learn how to 'be with' our pain long enough to understand it and respond to it with care, kindness and compassion. This journal practice provides a tangible method to do just that.

A person with voluminous curly hair is sitting on a light-colored wooden floor, wearing a white suit. They have their hands covering their face, suggesting a state of distress or emotional overwhelm. The background is a plain, light-colored wall.

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When we deny our stories and disengage from tough emotions, they don't go away; instead, they own us, they define us... in other words, the more we try to avoid our emotions, the more control they have over our thoughts and behavior."

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Brene Brown, PhD

RELATING TO YOURSELF WITH COMPASSION

What are you currently struggling with? Or what big concern are you dealing with that you want to focus on?

HOW WOULD I TREAT A FRIEND

Have you had a friend or loved-one who was struggling in a similar way? It doesn't have to be the same issue but struggling with similar feelings. Describe what they were going through in detail.

How did you (or how would you) respond to your friend or loved-one in this situation? What did you say? How did you say it? If you didn't have an opportunity to say anything, what do you wish you had said or done?

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Close your eyes and remember times you've offered kindness to friends or family members. Describe a time you feel truly proud of.

Describe a time you messed up, failed or failed someone else. What did you say to yourself after? How did you treat yourself afterwards? What choices do you make?

How do you treat others differently than yourself when it comes to going through rough times, mistakes or failures. Do you notice any patterns? What emotions are you noticing as you make these comparisons?

RELATING TO YOURSELF WITH COMPASSION

HOW MAY I RELATE TO MYSELF WITH MORE KINDNESS FOR EMOTIONAL WELL-BEING AND MINDFULNESS (PRESENCE)

Consider the main issues you are through currently. What is the story you are telling yourself? What regrets or if-only's do you have? Are you looping or replaying details?

See if you can acknowledge the pain involved at this point in time. Describe the painful and difficult emotions you feel. Take the time now to locate these feelings in your body. Label the emotions and describe any areas of tension and pain.

Acknowledge the pain or stressful feelings you are feeling in this moment. Locate these feelings in your body. Describe and label these feelings to the best of your ability.

RELATING TO YOURSELF WITH COMPASSION

How do you feel towards the way you are feeling? How do you feel towards your emotions right now?

Are you taking responsibility for your feelings? Remember we have the power to take 100% responsibility for embracing and comforting our own feelings, rather than abandoning or judging them. We need to accept and embrace our feelings so we can process through them.

Validate the difficulty of the situation and painful feelings, the way you would for a friend. For example, "I can understand why you'd be feeling really disappointed right now. You are going through too much all at once." Start by writing, I can understand why you...

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No one, not even the most empathetic friends or experienced therapists can truly understand how and why you are feeling what you're feeling. What's important is that you are giving yourself permission to feel. We always feel the way we feel for a reason. What are your thoughts on why you are feeling the way you are?

COMMON HUMANITY (CONNECTED)

Describe ways you may be feeling isolated and alone by this situation you are in. What beliefs do you have associated with being alone? For example, are you assuming that if you had been perfect this wouldn't have happened? Are you telling yourself you are burdened with failures, pain, rejection or unlucky more than others.

The reality is failures, disappointments, screw-ups, and even bad luck are part of being human - whether we like it or not. How may you offer this wisdom and empathy to yourself?

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What would you say to a friend, so they understand they are not alone? For example, "It makes sense to feel rejected right now and that stinks. I've felt rejected before too," or "I wish rejection never happened, especially to good people."

Now, write down ways you may be judging or beating yourself up for what happened. Are you being harsh and taking on too much responsibility for someone else's actions?

Finally, offer yourself words of kindness in a gentle, supportive, mentoring, wise way. For example, "I realize how disappointing this is and I'm here to support you through this the best way I can."

A close-up photograph of a woman with a white towel wrapped around her head. She is smiling and looking down, holding a white mug. The background is softly blurred, showing a white wall and a white towel.

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"Through self-compassion we become an inner ally instead of an inner enemy."

-
Kristin Neff, PhD



MEDICAL DISCLAIMER

Content provided and presented in this document or otherwise is not a substitute for professional medical advice, diagnosis or treatment. Content is intended for educational purposes only. It should not be used as a substitute for medical or psychiatric advice, cannot diagnosis or treat any medical or psychiatric condition and does not replace care from your physician. Always consult a healthcare professional if you suspect you require medical or psychiatric treatment.

If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org