

# The Power of Self Compassion

**Self-compassion** is a powerful and transformative act of gentle, loving, kindness towards the self. Many people find it much easier to treat others with compassion than it is to treat themselves with compassion. Self-compassion is a radical act of self-love and one that can be practiced many times a day, especially when you feel overwhelmed with thoughts or feelings.

## **METHOD 1: Checking in with your thoughts**

*Take a moment to pause and tune inward. What is the chatter in your mind saying to you? Is it harsh? Negative? Obsessive?*

If you're thinking about things that have hurt you, scare you, worry you or made you feel an unwanted emotion for a prolonged period of time, replace your thoughts with validating thoughts and affirming statements.

**VALIDATIONS:** *"I am suffering right now. It's natural for human beings to suffer. I can change my suffering at this moment beginning with the way I think."*

**AFFIRMATIONS:** *"May I love myself just as I am. May I let go of any thoughts that no longer serve my higher good. May I experience peace."*

## **METHOD 2: Checking in with your feelings**

*Take a moment to pause and tune inward. What emotions do you notice? Is it one emotion or more than one emotion? Label each. Begin with detaching yourself from what you feel. For example, "I feel sad." "I feel disappointed." "I feel fearful." "I feel insecure." "I feel lonely."*

Instead of saying, "I'm sad. I'm insecure. I'm lonely." In you're feeling any of these feelings or other feelings that create a sense of unwellness, place your hand over your heart and take a few deep inhalations, followed by long exhalations. Be sure your exhalations are longer than your inhalations. If you're comfortable, lower or close your eyes while you continue to breathe deeply. Your feelings are a momentary reflection of what you've noticed.

## **METHOD 3: Checking in with your behaviors**

*Take a moment to pause and tune inward. What have you noticed about your behaviors today? What are you pleased with? What are you not pleased with? Remember to label the behaviors, do not attach yourself to them. For example, " I feel proud of the way I \_\_\_\_\_(fill in the blank with a positive behavior of yours)." (pleasing) "I do not feel pleased with the way I treated \_\_\_\_\_(fill in the name of the person or entity) today." (displeasing)*

**Self-compassion is a form of mindfulness. Being compassionate is the act of mindful awareness.**