

FOUR STEPS IN THE SELF-COMPASSION BREAK

-free audio: <https://www.mindfulpath.com.au/free-resources/meditations>



1. STOP: Stop, pause, as you become aware of your struggles and discomfort
-Take a long breath out, exhale, slowing your breathing...finding the soothing breath, feeling your feet touching the ground.
-Observe: what is here for you? What are your thoughts, feelings and body sensations? Exploring how this struggle is felt in your body. Where are the physical tension or discomforts?

2. Then mindfully acknowledging your struggle and discomfort in a gentle way. Saying something like: *"I am struggling here.... this is difficult ...This hurts.... Ouch.... This is stressful..."*, *"This is a moment of mindfulness! I am aware! I am present!"*

3. Adding: *"Unfortunately, suffering is a part of life"...*This is common humanity.

- *I'm not alone in feeling or reacting this way.*
- *We all struggle in our lives*
- *I am not the only one, many other people feel this way...*

4. Attending to yourself in a warm and comforting way like you would attend a good friend. Maybe using a soothing touch that feels good for you such as placing your hands over your heart, stroking your hands...squeezing your upper arms in a self-hug, whatever feels comforting, feeling the warmth and gentle comforting touch of your hands.

Saying to yourself something like: *"May I be kind to myself"*
Offering yourself some kind wishes such as:

- *May I accept myself as I am*
- *May I give myself the compassion that I need*
- *May I forgive myself.*
- *May I be strong.*
- *May I be safe*
- *May my struggle ease*
- *May I learn to make peace with this...*

If it is difficult to finding the right words, imagine that a dear friend or loved one is having the same problem as you. What would you say to this person? How would you empathize and support your friend? Or what would a good friend say to you to comfort you? Maybe write those kind supportive messages down and read them out to yourself, talking to yourself as a good friend would.

Modified from "Mindful Self-Compassion Workbook" Kristin Neff and Chris Germer
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