

# Self- Compassion



Sit in a comfortable position, close your eyes, and take three, deep, relaxing breaths.

Open your awareness to the sounds in your environment. Come into the present moment by simply listening to whatever presents itself to your ears.

Form an image of yourself sitting in the chair. Note your posture as if you were seeing yourself from the outside.

Next, bring your awareness inside your body and note the world of sensations occurring there in this very moment.

Now feel your breathing wherever it's most obvious to you. Pay special attention to every out-breath. (Use a different anchor for your attention if you feel more comfortable doing so.)

Replace your out-breath with a loving-kindness or self-compassion phrase(s):

1. May I be safe
2. May I be happy
3. May I be healthy
4. May I live with ease

1. May I be safe
2. May I be peaceful
3. May I be kind to myself
4. May I accept myself as I am

For the next few minutes, slowly repeat the phrases, returning now and again to an image of yourself sitting in the chair.

Gently open your eyes.