

### **Compassion break – self talk**

When difficult thoughts and feelings arise, or you encounter a difficult situation, take a deep, slow breath and say to yourself:

#### **1. This is a moment of suffering**

That's **mindfulness**. Other options include:

- This hurts.
- Ouch.
- This is stress.

#### **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**

That's **self-kindness**. 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.