

The Chill Spot



Self-Compassion Meditation

This practice can be used any time of day or night. If you practice it in moments of relative calm, it might become easier for you to experience the three parts of self-compassion—mindfulness, common humanity, and self-kindness—when you need them most. While it may be challenging to do this practice every time you face a stressful situation, an initial goal could be to try it at least once per week.

How to Do It

1. Call to mind the difficult or stressful situation and locate the stress and emotional discomfort in your body.
2. Recognize and acknowledge that you are stressed or upset by saying “This is a moment of suffering” “This hurts” “This is stressful” or whatever statement seems natural to you. The key is to notice what is going on for you emotionally in the present moment, without judging that experience or yourself as good or bad.
3. Next, recognize that difficulty is something everyone goes through by saying “Suffering is a part of life” “I am not alone” “We all struggle in our lives” This is a recognition that everyone has difficulties and struggles in life and that what you are going through is not abnormal or crazy. (And this is not the time to belittle your own suffering because others have it worse! Have compassion FOR YOURSELF. Judge yourself later.)
4. Now, put both hands over your heart, feel the warmth of your hands and the gentle touch on your chest, and say, “May I be kind to myself” or phrases that fit the particular situation like “May I be free from this suffering” “May I give myself the compassion I need,” “May I accept myself as I am” “May I learn to accept myself as I am” “May I forgive myself” “May I be strong” and “May I be patient” This is a way to express kindness and compassion for yourself and the situation you are in.

adapted from this great resource http://ggia.berkeley.edu/practice/self_compassion_break#