

SELF-COMPASSION

with Kristin Neff & Brené Brown

EXERCISE:

Self-Compassion in Daily Life

The goal of self-compassion is to respond with kindness and support when we notice we are suffering in some way. We ask ourselves "What do I need right now to take care of myself?" The simplest approach is to discover how you already care for yourself, and then remind yourself to do those things when your life becomes emotionally difficult.

PHYSICALLY – SOFTEN THE BODY

1. How do you care for yourself physically?
(e.g., exercise, massage, warm bath, cup of tea)

2. Can you think of new ways to release the tension and stress that build up in your body?

MENTALLY – REDUCE AGITATION

3. How do you care for your mind, especially when you're under stress?
(e.g., meditation, watch a funny movie, read an inspiring book)

4. Is there a new strategy you'd like to try to let your thoughts come and go more easily?

EMOTIONALLY – SOOTHE AND COMFORT YOURSELF

5. How do you care for yourself emotionally?
(pet the dog, journal, cook)

6. Is there something new you'd like to try?

RELATIONALLY – CONNECT WITH OTHERS

7. How or when do you relate to others in a way that brings you genuine happiness?
(e.g., meet with friends, send a birthday card, play a game)

8. Is there any way that you'd like to strengthen these connections?

SPIRITUALLY – COMMIT TO YOUR VALUES

9. What do you do to care for yourself spiritually?
(pray, walk in the woods, help others)

10. If you've been neglecting your spiritual side, is there anything you'd like to remember to do?