A self-compassion break

Three sentences for a difficult moment.

Use this whenever you notice you are stressed, hurting or being hard on yourself. It takes about a minute.

1. Notice	Say to yourself: "This is a hard moment." Or "This hurts." Or "This is stress." Naming it is mindfulness.
2. Connect	"Struggling is part of life. Other people feel this too. I am not alone." This is common humanity.
3. Be kind	Put a hand on your chest, or wherever feels soothing. Say: "May I be kind to myself." Or ask: "What do I need right now?"

Finding your own words

The exact phrases do not matter. What matters is that they sound like something you could say and mean.

My way of saying "this is hard"

My way of saying "I am not the only one"

My way of saying "may I be kind to myself"

When I tried it, what did I notice?

The self-compassion break was developed by Kristin Neff.

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