

Self-Compassion Workshop Handout

Self-Compassion Break

Recognizing when we are in pain or discomfort (and this can be physical but also emotional pain). We respond to that using the three parts of self-compassion:

- 1) Recognizing that this is pain (Mindfulness):
Examples: *This is a difficult moment. This hurts.*
- 2) Reminding ourselves that pain is part of everyone's life (Common Humanity):
Examples: *Pain is part of being human. I am not alone.*
- 3) Offering ourselves words of kindness as we might offer to a friend in a similar situation (Self-Kindness):
Examples: *May I try to be patient with myself right now. What can I do to make myself more comfortable right now?*

Feel free to write out your compassionate phrases here using the three prompts:

Mindfulness: _____

Common Humanity: _____

Self-Kindness: _____

Yin and Yang of Self-Compassion

Remember, that compassion is comprised of yin and yang; comforting/soothing + protection/providing/motivating.

Yin (comforting, soothing)	Yang (protection, providing, motivating)
Self-compassion break	Setting boundaries
"me" time	Communicating with others
Deep breathing	Encouraging with kindness, Perspective

Try writing out some ideas of ways you can practice BOTH the yin and yang of self-compassion.

Yin (comforting, soothing)	Yang (protection, providing, motivating)