SELF-COMPASSION BREAK

Adapted from the work of Dr. Kristen Neff

Think of a situation in your life that is difficult, that is causing you stress. Call the situation to mind, and see if you can actually feel the stress and emotional discomfort in your body. Now say to yourself:

Step 1: “This is a moment of suffering”

Step 2: “Suffering is a part of life”

Step 3: “May I be kind to myself”

Write down: What do I need to practice kindness towards myself in this situation?