

SELF-COMPASSION BREAK SCRIPT



Acknowledge the Struggle

Start by taking a moment to pause and acknowledge that you're experiencing a difficult time. You might say to yourself, "This is really hard right now," or "I'm feeling a lot of discomfort and pain at this moment." The first step is simply to recognize that you are going through a challenging experience.

Validate Your Feelings

Allow yourself to feel whatever emotions are coming up without judgment. Understand that it's okay to feel this way. You might say, "It's understandable that I'm feeling upset about this," or "Anyone would find this situation challenging." The key here is to validate your emotions as natural and valid responses to your situation.

Remind Yourself of Common Humanity

Remember that you are not alone in feeling this way. Suffering is a part of the human experience that we all share. You might say, "I'm not alone in feeling this way," or "Others have felt similar pain; I am part of the human experience." This step helps to normalize your experience and connect you with the broader human condition.

Offer Yourself Kindness

Now, offer yourself the same kindness and understanding that you would offer to a good friend going through a similar situation. You can do this by placing a hand on your heart or another comforting gesture and saying kind words to yourself. For example, "May I be kind to myself in this moment," or "May I give myself the compassion I need."

Use Compassionate Phrases

Speak to yourself with compassion and gentleness. You might use phrases like:

- "May I be patient and understanding with myself."
- "May I accept myself as I am in this moment."
- "May I learn to accept my feelings without judgment."
- "May I find peace and comfort."

Close with a Moment of Gratitude

End the practice by taking a deep breath and expressing gratitude to yourself for taking this time to practice self-compassion. Recognize the strength it takes to be present with your suffering and to respond with kindness.

Remember, this practice can be done anytime you feel overwhelmed, criticized, or in pain. It's a way of reorienting your relationship with yourself toward one of warmth and understanding, rather than criticism and isolation.