2024

Wholeness Counselling & Psychotherapy

Self-compassion

Statements and practices

Here are some self-compassion statements and practices to help cultivate a kinder relationship with yourself:

Self-Compassion Statements:

1. Embracing Imperfection:

- "It’s okay to make mistakes; they are part of being human."

2. Acknowledge Your Feelings:

- "I’m feeling overwhelmed right now, and that’s perfectly normal."

3. Encouragement:

- "I am doing my best, and that is enough."

4. Self-Forgiveness:

- "I forgive myself for the choices I made; I can learn and grow from this experience."

5. Affirming Acceptance:

- "I accept myself as I am, and I am worthy of love and kindness."

6. Recognizing Shared Humanity:

- "Everyone struggles and experiences difficult times. I am not alone in this."

7. Reassurance:

- "It’s okay to take a break. I deserve to rest and recharge."

Self-Compassion Practices:

1. Mindfulness Meditation:

- Spend a few minutes each day focusing on your breath and observing your thoughts without judgment. Acknowledge your feelings with kindness.

2. Self-Compassion Journaling:

- Write about a challenging situation in your life. Reflect on how you would respond to a friend in a similar situation and apply that same compassion to yourself.

3. Affirmation Practice:

- Create a list of positive affirmations that resonate with you. Repeat them daily to reinforce your self-worth.

4. Loving-Kindness Meditation:

- Practice sending thoughts of love and kindness to yourself and others. Begin with phrases like "May I be happy, may I be healthy, may I be safe."

5. Self-Care Activities:

- Engage in activities that nourish your body and mind, such as taking a relaxing bath, going for a walk in nature, or enjoying a favourite hobby.

6. Visualization:

- Imagine a compassionate friend or mentor. Visualize them offering you support and encouragement during difficult times.

7. Set Boundaries:

- Learn to say no to things that drain your energy or don’t align with your values. Prioritize your own well-being.

8. Practice Gratitude:

- Each day, write down three things you are grateful for. This helps shift your focus from negativity to positivity.

9. Compassionate Self-Talk:

- When you find yourself being self-critical, pause and reframe your thoughts. Ask yourself what a compassionate friend would say in this situation.

10. Seek Professional Support:

- If needed, consider talking to a therapist or counsellor who can help you explore self-compassion further.

Incorporating these statements and practices into your daily routine can significantly enhance your self-compassion and overall well-being.