

Compassionate Awareness, Mindfulness, Soothing Breathing Rhythm

Soothing Rhythm Breathing: http://www.compassionatemind.net/Soothing_Rhythm_Breathing.php

Mindful Checking In: http://www.compassionatemind.net/Mindful_Checking_In.php

Mindful Breathing (5 min.): http://www.compassionatemind.net/Mindful_Breathing_5_Minutes.php

Mindful Breathing (20 min.): http://www.compassionatemind.net/Mindful_Breathing_20_Minutes.php

Awareness of threat patterns & Compassionate Self

Compassionate Self: http://www.compassionatemind.net/Compassionate_Self.php

Imagery Exercises

Safe Place meditation: http://www.compassionatemind.net/Safe_Place.php

From Kristen Neff and Christopher Germer:

Self-compassion meditations: <http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>

Self-compassion, other compassion, and mindfulness meditations: <http://sittingtogether.com/meditations.php>

Self-compassion break (7 minutes) <http://www.self-compassion.org/01-Kristin-Neff-The-Self-Compassion-Break.mp3>

Whole range of mindfulness and compassion exercises by Germer: http://www.mindfulselfcompassion.org/meditations_downloads.php