

## SELF-COMPASSION BREAK

Bring to mind an interaction with someone that makes you feel badly—only *moderately* badly so that you can feel the stress in your body but not get overwhelmed by it. Visualize the situation until it makes you a little uncomfortable.

Now, say to yourself:

- *This is a moment of suffering* (mindfulness)
- *Suffering in a part of life* (common humanity)

Put your hands over your heart, feel the warmth of your hands, the gentle pressure of your hands, and notice your chest rhythmically rising and falling beneath your hands.

Now, say to yourself:

- *May I be kind to myself.* (self-kindness)
- *May I accept myself just as I am*

For the last one or two phrases, use whatever words speak to your particular situation, such as:

May I be safe.  
May I forgive myself  
May I be happy and free from suffering  
May I safely endure this pain  
May I find peace in my heart  
May I be strong  
May I protect myself  
May I learn to live with ease and well-being  
May I accept the circumstances of my life  
May we learn to live together in peace