

Self-compassion pause

Adapted from Kristin Neff & Chris Germer: The Mindful Self-Compassion Workbook

A framework for using self-compassion your stress turns into you beating yourself up:

When Stress Response	is Turned Inward.	When it becomes Self-compassion
Fight	Self-criticism	Self-kindness
Flight	Isolation	Common humanity
Freeze	Rumination	Mindfulness

The Practice:

When you find yourself feeling stressed in a difficult situation, take a few moments to pause and try one or more of the following practices. This can be done at your desk, while walking, in the bathroom or other private place, etc.

Mindfulness

Mindfulness is bringing an interested and kind awareness to whatever is happening.

- Take a few breaths mindfully or
- bring mindful awareness to prominent sensations in your body
- bring mindful awareness to sounds or

Common humanity

See if any of these phrases are helpful:

- Other people feel and have felt this way. Millions of people have done or said something stupid today, have parents who divorced, have forgotten to do something they should have done.
- I'm not alone.
- We all struggle in our lives.

Self-kindness

Put your hand(s) over your heart, feel the warmth of your hand(s) and the gentle touch of your hand(s) on your chest. Take a few breaths.

Acknowledge that you are suffering and see if you can treat yourself with as much kindness as you would a dear friend or child who was struggling.

Say to yourself: May I be kind to myself

You can also ask yourself,

“What do I need to hear right now to express kindness to myself?”

Is there a phrase that speaks to you in your particular situation, such as:

- May I hold myself with compassion.
- May I love and accept myself just as I am.
- May I experience peace.
- May I remember to treat myself with love and kindness.

These practices can be used any time of day or night, and will help you remember to call upon any or all of these three aspects of self-compassion when you need it most.