



## Being Self- Compassionate and Developing the Practice of Self-Kindness.

**Self-Compassion Exercise-** Think of recent or recurrent situation which has caused you some emotional discomfort, guilt or shame that you feel was partly or wholly your responsibility. Then write about it through the lens of self-compassion as described below.

Write down what happened: What led to this? Who was there? What happened exactly? How did you behave? How did you feel?

Now write about this incident again but through the lenses of:

- What you would tell yourself as a good friend – kind, understanding.
- How this might have happened to someone else.
- Now label and describe your feelings. Create a separation between who you actually are and the feelings that you are experiencing.

For more information on Self-Compassion as a practice and on other kinds of activities related to this topic, Dr Kristin Neff has a variety of resources at <https://self-compassion.org>