



This practice is called  
the self-compassion break,  
and it's something you can do  
anytime during the day  
or at night  
when you need  
a little self-compassion.

So to practice this exercise,  
we actually need to call up  
a little suffering.  
So I'd invite you to think about  
a situation in your life right now  
that is difficult for you.  
Maybe you're feeling stressed  
or you're having a relationship problem  
or you're worried about something  
that might happen.  
I'd invite you to think of  
something that is difficult  
but not overwhelmingly difficult,  
especially if you're new to  
practicing the self-compassion break.

So finding a situation  
and getting in touch with it,  
what's going on,  
what happened  
or what might happen,  
who said what,  
really bring the situation to life  
in your mind's eye.  
And then I'm going to  
be saying a series of phrases  
that are designed to help us  
remember the three components of self-compassion  
when we need it most.



So the first phrase is  
this is a moment of suffering,  
right?  
We're bringing mindful awareness to  
the fact that suffering is present,  
and I'd invite you to find  
some language that speaks to you,  
something like this is really hard right now  
or I'm really struggling.  
We're actually turning  
toward our difficulty,  
acknowledging it,  
naming it.  
This is a moment of suffering.

The second phrase is  
suffering is a part of life.  
Okay?  
We're reminding ourselves  
of our common humanity.  
Suffering is a part of life.  
And again,  
finding language that speaks to you,  
it may be something like  
it's not abnormal to feel this way.  
Many people are  
going through similar situations.  
Right?  
The degree of suffering may be different,  
the flavor of suffering may be different,  
but suffering is a part of life,  
part of being human.

And then the third phrase is  
may I be kind to  
myself in this moment?  
And to support bringing  
kindness to yourself,  
I'd invite you to perhaps put



your hands over your heart  
or some other place on your body  
that feels soothing and comforting,  
feeling the warmth of your hands,  
the gentle touch,  
letting those feelings of care  
stream through your fingers.  
May I be kind to myself?

And using any language  
that supports that sense of kindness,  
perhaps language you would use  
with a good friend  
you cared about  
who was going through  
a very similar situation,  
you know?  
It may be something like  
I'm here for you.  
It's going to be okay.  
I care about you.  
You can even try  
using a diminutive  
if that feels comfortable,  
you know?  
Oh,  
darling,  
I'm so sorry.  
Or you can try  
calling yourself by your first name,  
anything that feels natural  
to express your deep wish  
that you be well,  
and happy,  
and free from suffering.



And then letting go  
of the practice  
and noticing how your body feels right now,  
allowing any sensations to be  
just as they are,  
allowing yourself to be