

Take away 8

Strengthening the Compassion Muscle

→ Choose 1 from:

this is a moment of suffering

this sucks

this is really tough for me

I am having a hard time right now

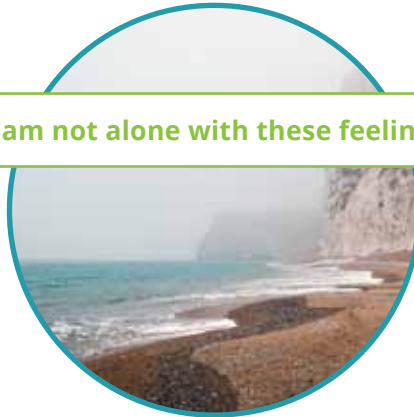


→ Choose 1 from:

Other people feel like this

I am not alone with these feelings

It's human to feel this way



→ Choose any number from

May I find peace. May everyone find peace.

I love myself. I love others.

May I be well. May all people be well.

I choose kindness. My feelings matter.

May I find ease. I respect my emotions.

I am worthy.

I accept myself as I am.



Informed by yoga teachings, P. Gilbert, K. Neff, J Kabat-Zin, J. Doty and life experience.

→ Audio clips and more ideas at : <http://self-compassion.org/category/exercises/> and http://www.mindfulselfcompassion.org/meditations_selfcompassion.php