

Self-Compassion Statements Exercise (Adapted from Neff, 2011)

By repeating one of the following phrases to ourselves helps us to focus on the cultivation and maintenance of self-compassion:

“This is a moment of suffering.
Suffering is part of life.
May I be kind to myself in this moment.
May I give myself the compassion I need.”

“I am finding this really difficult right now.
Everyone feels this way sometimes.
May I hold my pain with kindness.
I am worthy of receiving self-compassion.”

“That really hurt.
Anyone could feel this way.
May I be gentle and understanding with myself.
I will try to be as compassionate as possible.”

“May I be safe.
May I be peaceful.
May I be kind to myself.
May I accept myself as I am.”

“May I accept myself as I am.
I am no different, either better or worse, than anyone else.
I am a human worthy of kindness.
May I find the ways to express my kindness to others.”

“May I accept my life as it is.
There are so many people around the world with a life like mine.
There are so many people around the world who would love a life like mine.
May I be grateful for all the things I have in my life today.”

Develop Your Own Self-Compassion Statements:

Include a few words to cover each of the following aspects:

- Recognise your difficulty/challenge/issue/feeling or emotion
- Recognise your shared human response to the above
- Form an expression of your care and concern for yourself in this moment
- Form an expression to recognise your intention to be compassionate to yourself

Feel free to create your own versions of a self-compassion statement that are meaningful to you and note them here – these can be in relation to a set of circumstances and/or dealing with particular individuals or situations you encounter: