

Self-Compassion Statements Exercise

(Adapted from Neff, 2011)



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: