Self-Compassion
Let’s learn to take care of our emotions and be kind to ourselves.
3 components of self-compassion:

- **Self-kindness**
  Being kind, gentle and understanding with yourself when you are suffering.

- **Common humanity**
  Realising that all of us would suffer from feeling vulnerable and imperfect. You are not alone.

- **Mindfulness**
  Observing life as it is, without being judgmental or suppressing your thoughts and feelings.
Try the following exercises to create a caring space within yourself that is free of judgment.
Exercise 1: Be understanding to the self

- Would you be kind and understanding to your friends, but harsh on yourself?
- How would you respond if your friends were suffering?
- Try to use the same tone and attitude to treat yourself.
Exercise 2: Mindfulness

1. Think of a difficult and stressful situation in your life.
2. Feel the stress and emotional discomfort in your body.
3. Now say to yourself: This is a moment of suffering. Suffering is a part of life. May I be kind to myself.

Exercise 3: Practise unconditional self-love

Try to write a letter to yourself:

1. What imperfections make you feel “not good enough”?
2. Write to yourself with some words of compassion.
   *e.g. I learn to accept myself for who I am because I understand all of us are imperfect.*
3. Read the letter to yourself with a gentle and reassuring tone.
4. Feel the compassion as it soothes and comforts you.
Exercise 4: Supportive touch

Try to give yourself some emotional support by feeling the physical sensations:
1. Put one hand on your heart.
2. Put one hand on your cheek.
3. Cradle your face in your hands, or cross your arms and give yourself a gentle hug.
Exercise 5: Changing your critical self-talk

1. Be aware of your inner self-critical voice.
2. Make an active effort to soften the voice.
   e.g. Direct to the inner critic: “I know you’re worried about me, but you’re causing me unnecessary pain.”
3. Reframe the voice into supportive self-talk.
   e.g. “May I learn to accept
Remember that you deserve being loved and cared for!

References
https://self-compassion.org/category/exercises/