



EMMA GERASIMATOS

SELF-COMPASSION BREAK



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Soothing Words

Another good exercise to help you improve your understanding and love for yourself is the Self-Compassion Break. It will only take a few minutes, but it can make a big difference.

First up, you need to develop your own self-compassion mantra. This is a three-part statement that you can say to yourself when you are struggling. The three parts are made up like this:

1. Acknowledge the suffering – so often we don't allow our own suffering and get in the way with thoughts like 'oh I shouldn't be upset', 'so many people have it so much harder than me' etc etc. So what we need is a statement from you to you, so in your own words. Examples are; This is difficult. This really hurts. I am in pain.

So, please write down your words to acknowledge that you are experiencing a moment of struggle.

2. Part 2 is about reminding yourself you are not alone – another tendency we have is to feel like no-one else has it as hard as we do, or no-one knows how you feel. So, in your own words... examples are; Its part of the human condition to struggle. Everyone struggles.

So, please write down in your owns words, from you to you acknowledge the widespread experience of suffering

3. Part 3 is where you send yourself some kind thoughts, this is where the way and the words you would speak to a friend if they were suffering come in. Examples are things like; You are doing your best. This will pass. I love how much you care. So, please, in your own words, a message of kindness to yourself

And now you have your self-compassion mantra, tada!



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Soothing touch

To accompany our kind words we need to find a warm, loving touch to go with them. So go ahead and practice, some people like to hug themselves, some put their hands on their cheeks like we do to little children and some place their hands over their heart area. Others may choose to rest one hand in the other, cuddle their knees, sit on their hands, subtly stroke their arm and so on. Whatever feels good, supportive, loving and caring for you is the right one for you.

Putting It All Together

Now to put it all together and into practice. Bring to mind a situation in your life that is causing you stress or pain. Think about this situation and how it makes you feel, both emotionally and physically.

When you have this situation in mind and get in touch with the feelings associated with it, get your soothing touch happening, close your eyes, focus on your breath. Feel the warmth of your hands and consciously send yourself kindness as you hold yourself. In this space repeat your mantra to yourself, breathe, feel the love and enjoy.