

## An introduction to Self Compassion

“With self-compassion we give ourselves the same kindness and care we’d give to a good friend”  
Kristin Neff



### YOU’LL NEED...

- Plain paper
- Pen
- Blanket

### THINGS TO TRY

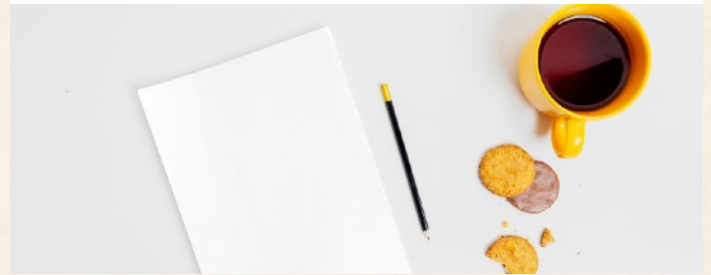
#### LETTER

Think of an issue which triggers feelings of shame, inadequacy, or insecurity within you. Write an uncensored paragraph about how you feel about it. Now write a letter to yourself addressing this from the role of an unconditionally loving, kind and compassionate friend, who accepts you exactly as you are in every given moment and offers great wisdom, comfort and hope.

Read the letter back to yourself several times and allow the compassionate response to be fully felt within you.

### WHAT DOES IT MEAN?

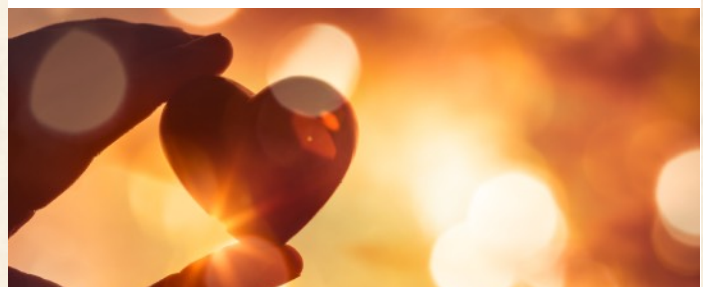
Kristin Neff describes self-compassion as the ability to relate to ourselves with good will, providing support and comfort. She explains it has three strands. The first is self-kindness as opposed to self-judgment, in our thoughts, speech and actions. The second is common humanity (not isolation) seeing suffering and challenge as universal to the human condition. The third is mindfulness (not over identification) with feelings, recognising that emotions and thoughts are transient rather than permanent states.



### THINGS TO TRY

#### LOVING KINDNESS MEDITATION

Sit comfortably and bring yourself into the present moment by focussing on your breath. Gently place your hand on your heart or on a part of your body which is experiencing pain. Ensure your touch is tender. Then close your eyes and repeat some loving kindness mantras; ‘may I live with ease, may I be kind, may I be happy, may I be healthy, may I be safe’ are some ideas to get you started.



## YOUR STORY MATTERS

### TRY THIS...

#### CULTIVATE THE ENERGY OF SELF COMPASSION AROUND AND WITHIN YOURSELF

Wrap your arms around yourself and gently hug yourself whilst noticing your breath or repeating 'I accept myself'. Or if more comfortable swaddle yourself with a big blanket.

### BENEFITS

- Self-compassion helps us develop resilience. It allows us to face, not run from, suffering and all forms of pain (emotional, psychological and physical).
- Self-compassion reduces feelings of loneliness and cultivates feelings of oneness and interconnectedness. As it grows we recognise we are not alone in feeling the way we do. Shame and suffering are universal to all humanity. I suffer, you suffer, we suffer.
- Self-compassion strengthens us as individuals and empowers us to take risks. As our own best friend we realise we are enough and have everything we need within ourselves to feel good.

### MORE INFO

This mini guide is written by Kay Turner who you can find leading retreats , online courses and one-to-one work at her [website](https://www.happyhousemasham.com) or [Happy House Masham](https://www.happyhousemasham.com) . If you've liked this you might like some of her other courses and guides.

### USEFUL LINKS

<https://self-compassion.org/>