

## Self-Compassion

It's natural for us, at this time, to feel these emotions: sadness, grief, anger, confusion, helplessness

It's not just personal, they're part of our common humanity, called the tears of the way, because in times like this we're touched and entwined with so many who are vulnerable as we are.

When you become aware of struggling with a painful state of mind or body and stuck in struggle, here are a few questions to help focus your attention on the experience as it expresses in the body and emotions. Depending on whether the experience is stronger emotionally or physically in the body, you can start with either of the following questions:

For example, if you notice it most strongly in the body as a physical experience:

- Where do I feel this experience most strongly in my body?

(after you locate where in the body, ask the next question)

- What does it feel like at the level of physical sensation, as specifically as you can notice,

i.e. tight, sharp or dull ache, constricted, heavy?

If you notice the difficult experience most strongly as an emotion:

- What is the emotional tone, i.e. anxiety, restlessness, agitation, sadness, anger, irritation?

When you have identified what the emotional tone is AND where in the body the physical sensations are most strong, begin saying the following phrases. Include the emotion and physical sensations you are experiencing in the moment. Do this slowly with as much care and kindness you can allow in the moment.

### Phrases:

I see you \_\_\_\_\_ (emotion)

I feel you \_\_\_\_\_.(physical sensations)

It's OK sweetie. (or use some term of endearment that feels comfortable for you)

I'm here with you for as many breaths as you need.

**Example:**

“I see you anger.”

(on the inbreath and pause on the outbreath)

“I feel you tightness & burning.”

(on the next inbreath and pause on the outbreath)

“It’s OK sweetie.”

(with the breathing as above)

“I’m here with you for as many breaths as you need.”

(with the breathing as above)

As you continue with the phrases, continue to notice what is happening to the experience of difficulty or struggle. Often the area of sensation and quality of sensation may change or shift as well as the emotional tone. Feel free to change the phrases to include this changing quality of your experience.