



The Self-Compassion Pause

ALYSSA MOORE
COUNSELING

We all experience periods of pain, suffering, and frustration. Self-compassion can help us to cope with these difficult emotions and can help us to remain calm when we are surprised or disappointed by something that life throws at us. When you find yourself in a difficult emotional situation take a moment to pause and practice self-compassion to help you feel calm, confident, and to tap into your resilience.

When you notice that you are in a difficult or stressful situation take a moment to pause

Place your hand over your heart and take a few deep breaths

Acknowledge that you are struggling in the moment and treat yourself with the same kindness that you would treat a loved one who was struggling

Now, pick a few phrases that demonstrate your compassion for yourself and say them either in your head or out loud if you are able to. For example:

This is a really difficult and painful situation

I am really struggling with this

I feel so disappointed with what has happened

Finally, end your pause with some affirmations like:

I accept myself

I will experience peace

I will treat myself with kindness

Now you can go back to what you were doing before the pause, but keep the affirmations and compassion top of mind to help you through the situation.