

Self-Compassion

- Self-compassion exercises can be very brief. They don't have to involve long, formal meditative-style interventions.
- These ultra-brief exercises can involve or focus on any or all of the six components of self-compassion:

acknowledging pain,
defusion from self-judgment,
accepting pain,
acting with kindness,
validating pain,
connectedness with others

Acknowledging Pain & Kindness

- Perhaps the simplest and quickest exercises involve simply these two elements:
- Acknowledge, with kindness in your words: “This is really painful” or “This is really difficult” or “This hurts” or “I’m noticing sadness” or “I’m having a feeling of shame” or “This is a moment of suffering” (or some other expression that the client is comfortable with that non-judgmentally acknowledges the presence of pain).
- Then say something that facilitates kindness to yourself: either a phrase, such as “Go easy on yourself”, “Be kind to yourself”, “May I treat myself kindly”, or a single word, such as “Gentle” or “Kindness”.

Adding On A Kind Action

- It's easy to add a kind action to the previous intervention – e.g. laying a hand gently and kindly on top of the pain or numbness, or on a soothing area such as chest, abdomen, or forehead.

Adding On Acceptance

- Alternatively, it's easy to add on a simple acceptance move, such as breathing into and around the pain, or expanding awareness to notice what else is present in addition to the pain.

Adding On Defusion

- Alternatively, it's easy to add on a simple defusion move, such as noticing and naming: "Here's my mind beating me up again. And even so, I'm going to be kind to myself."

Adding On Connectedness to Others

- Last but not least, it's easy to add on a simple move that aids connectedness to others. E.g. "This is something I have in common with everyone else. Everybody hurts sometimes," or "This shows I'm human. We all screw up and make mistakes/ get rejected/ fail at things/ experience disappointment - etc," or "It's hard to be human at times. So many people on the planet have felt this way at times!", or "This shows I'm human. All humans feel pain in the face of a reality gap"

Mix and Match and Modify

- So mix and match and modify to your heart's content.
- Be flexible and creative.
- And remember: adapt everything to suit you and your clients