

Self-Compassion Mantra

Create a self-compassion mantra. You can say this mantra to yourself in the moments you are triggered, let down, anxious or having a harder time. The mantra has 3 components. The first step is noticing when you are suffering. Often we don't even notice we are suffering and we jump straight to trying to fix the situation, avoiding it, or blaming ourselves or others. The Step 1 of Self-compassion is to notice that this is a tough moment for you as you are feeling it. Step 2 is Common Humanity. To remind yourself that suffering is part of life. You are not alone in what you are feeling. It is a normal human emotion that countless others are feeling right now. And this situation is not totally your fault. You are having a regular human emotion. Step 3 is to treat yourself with kindness, like you would for a friend you respect.

Step 1. This is a moment of suffering

Step 2. Suffering is part of life

Step 3. May I give myself the kindness & compassion that I need

Other options:

1. Mindfulness:

- There is suffering here
- I'm having a really hard time right now
- It's painful for me to feel this now
- This is what is here right now

2. Common Humanity:

- This is part of the human condition
- Everyone feels this way sometimes
- This is part of being human
- I did not choose to feel this
- It's not completely my fault that this suffering is arising
- Based on my conditioning this suffering is now arising
- I am just an imperfect human being trying my best

3. Kindness:

- Let me offer kindness to myself
- May I hold my pain with tenderness
- May I be gentle and understanding with myself
- Let me offer compassion to myself
- I am worthy of receiving self-compassion
- I will try to be as compassionate as possible

Based on the instructions and examples above, create a 3 part mantra you can say to yourself in the moments you are having a harder time.

1. _____

2. _____

3. _____