

a little book of

self-compassion



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find out more

if you would like to find out more about
compassion based mindfulness,
the following resources might help:

- a website: www.tarabrach.com
- a book: The Mindful Self-Compassion Workbook
by Kirsten Neff and Christopher Germer
- a podcast: the Tara Brach podcast

take a pause

sometimes stopping
can feel like the hardest thing.
sometimes stopping
can feel like a scary thing.
is it ok for you to stop now?
are you ready to take a pause?

notice what you are feeling.
notice what you are thinking.
feeling and thinking,
is a good place to start.

it's ok to be you

there is no such thing as perfect and

everyone is a work in progress.

be careful of judging yourself.

notice when you do.

if you find it hard today,

to feel good about yourself.

start with finding one good thing

and build from there.

treat yourself with kindness.

learn to be your own best friend.

everything will pass

remember.

you are not your feelings.

you are not your thoughts.

they happen in you.

they happen through you.

this moment is ever changing.

everything will pass.

just notice and keep on breathing.

just notice and keep on breathing.

a gift for me

sometimes i feel that things are too hard.

sometimes things feel too much.

you remind me,

that the moment will pass.

i thank you for your kindness.

i thank you for being you.

when i feel most alone,

you are there with me.

you are so precious.

you are a gift for me.

your breath is a tool

it is rare that we are actually in danger.

but sometimes it feels like

there's danger everywhere.

your body looks to your breath,

as a way to know you are safe.

if things feel like they are too much,

even when there is no danger in sight.

practice breathing in and out slowly.

to let your body know.

that you are ok.

a breathing practice

place a hand, just above your belly button.
breathe in and out so that your hand gently rises
and falls.
breathe in through your nose
counting slowly to 4.
hold this breath for 4 counts.
then, breathe out slowly through your mouth
for 4 to 8 counts.
repeat this as many times as you need.
practice this breathing - even when you feel
good.
it is a great way to come back to yourself.

a gift to you

open your hand and take this gift.
it is a pearl, a gem, something very precious.
this gift is a wish for you to be safe,
this gift is a wish for you to be well.

you deserve to have this gift.
you deserve to have this thing.
when you are feeling bad about yourself.
look for the gift that you have been given.

it was made just for you.
it was made just for you.