Reflection Questions for Self-Compassion Practice Exercises

1. A) Consider how you treat a friend when they are struggling. What types of things do you say? What is your tone of voice, and what is your stance toward your friend?

b) Now, think about how you typically treat yourself when you are struggling. What types of things do you say to yourself, what is your tone of voice, and what is your stance toward yourself?

2. Imagine a time when you were suffering - how you felt, what you said to yourself. Now imagine reaching out to yourself in that moment of suffering, as if you were reaching out to support a friend or family member. What feelings and thoughts does this evoke within us? Take a moment to make note of this now if you like.

3. What came to mind or heart when you considered what is good for you? Perhaps this is not a comfortable thought to have. Simply notice whatever comes up for you and try to suspend judgment.

- 4. How do we see our internal critic? Can we visualize what it looks like, how it sounds the tone of its voice? What about our self-compassionate self can we imagine this self as easily or readily?
- 5. Lovingkindness phrases: Writer down one or two phrases that you may say to yourself in a moment of suffering.

- 6. Lovingkindness gestures soothing touch: what soothing touch or posture did you find comforting or supportive for you?
- 7. Self-compassion break. What did you notice while practicing this break? What thoughts, feelings, sensations were present? Was any part of this exercise difficult for you, and if so, how did you respond to the resistance at that moment?