

Embodiment of Self-Compassion

The intention of this exercise is to enhance a compassionate connection to self when experiencing overwhelming emotions.

Take a moment to breathe and repeat these phrases or the one(s) that you find the most helpful:

May I be kind to myself.

May I accept myself as I am.

May I give myself the compassion that I need.

May I know that I belong.

May I connect with my basic goodness.

May I know my own value.

May I be strong.

May I be safe.

May I know that I am loved.

Remember that this feeling is like a wave, and it will pass, how we ride the wave is what we can control.