

# Self Compassion

## A Morning of

When someone you love is suffering you "feel" their pain. It is because your heart opens to make room for kindness and understanding. You realize that suffering, failure, imperfections are a part of life and want to offer any kind of assistance to ease their suffering. Self compassion is being able to give ourselves that same kind of energy. It offers us the opportunity to honor and accept our humanness. Self compassion allows us to connect with the reality that all of us at one point will fail, be hurt, or make mistakes. We share this reality with every human on the planet. By giving ourselves compassion we are able to move through difficult moments with more ease, clarity and ultimately suffer less.

# Morning Routines

How you speak to yourself when you wake up in the morning?

**Without judgment consider how you speak to yourself when you wake up.**

**What are some of the things you say to yourself?**

**Consider the following questions..**

**How do you treat your physical body in the morning?**

Do you eat in the morning or what does breakfast look like. What space do you give yourself for nourishment in the mornings. Does it affect how you move the rest of the day?

How does your body move in the morning? How do you respond to it? What do you do when it feels this way?

**What does your morning routine look like?**

What roles/responsibilities do you have to tend to at the start of your day? How does it affect how you think, feel and act?

Do you have to tend to others in your home in the mornings? If so, what does that look/feel like.

# Finding Compassion

**Now that you've observed your morning routine with non judgment here are some examples of how to give yourself compassion if the emotions and experiences are tough**

## **I wake up and I feel sad/depressed**

**If you wake up and feel unmotivated, sad or have feelings of depression. Consider the following:**

- It's challenging to feel this way. List out all the ways it makes it hard for you when you feel this. Now, consider how heavy all that is. How can you offer yourself compassion for all that you're carrying.
- The thoughts you're having are harsh, overcritical, and debilitating. Who wouldn't feel this way if they were being told this as soon as they wake up.
- What words would you offer to a loved one if they talked about themselves like this?

## **I struggle looking in the mirror when I'm getting ready for the day**

**If you find something wrong with everything you try on. Consider the following:**

- Millions of people around the world struggle with body image. We are constantly fed messages in media telling us we aren't enough. You are not alone. Chances are you can find someone in your close circle who is also suffering from this. How would you encourage them?
- Close your eyes & conduct a quick body scan of yourself. Where do you sense the most concentrated energy? Is it your arms, midsection, or thighs. Now, think of the love you feel for someone. Send that same loving energy to that part of your body experiencing pain.

# Key Takeaways

**The way we start our morning has a large impact on how we move through the rest of our day. The good news is we can change the direction just as fast.**

**When you are working through a difficult moment as you begin your day or notice harsh self criticism offer yourself a mental visual of three versions of yourself**

## Criticizer

- Listen to what that self-critical part of you is thinking and feeling. What words, tone and emotion are behind the comments.
- What does your body posture look like? Is it stiff, tight, upright?

*Example- "You didn't wake up early to go to the gym again. You are so lazy and this is why you can't lose weight"*

## Criticized

- Communicate to the Criticizer how you feel to be spoken to this way.
- What is the tone of this part of you? Sad, childlike?
- What does your body posture look like? Tired, hunched over?

*Example- "I feel unsupported by you". Or "I feel worthless and defeated when you speak to me this way"*

## Compassionate Observer

- Address both the Critic and the Criticized with the deepest wisdom you can offer.
- What insights can you gather from the speech they use. Do they come from somewhere deeper?
- What empathy does your compassionate self offer to the criticized version of you?

*Example- "You sound like your mom/dad" or "It must be challenging to keep your head up when you hear these things every morning. I can see why you hurt the way you do"*

Reflect on this experience. Did you notice a history in your patterns? Were you able to come up with more productive ways to deal with your situation?

Peace is always available to us. We just have to ask ourselves the right questions.

**Follow me on Instagram @Its\_Ingrid\_b for more tips on how to be kinder to yourself to live a more peaceful life**