

# Working With Self-Compassion

Steps for Self-Compassion

- 1. Bring mindful acceptance to what is happening.**
- 2. Realize our common humanity and normalize the experience of having difficult feelings (as we all do sometimes).**
- 3. Offer yourself compassion and soothing (like you would a friend).**
- 4. Ask yourself, 'What do I need right now to express kindness to myself?' either as a gesture or an action.**

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Working with Self-Compassion	Details
<b>DESCRIBE THE DIFFICULT SITUATION</b>	
<b>WHO ELSE HAS EXPERIENCED DIFFICULTY SUCH AS THIS?</b>	

Working with Self-Compassion	Details
<p><b>WHEN HAVE I SUCCESSFULLY NAVIGATED A DIFFICULT SITUATION SUCH AS THIS BEFORE?</b></p>	
<p><b>WHAT WOULD I SAY TO A FRIEND?</b></p>	
<p><b>WHAT CAN I DO FOR MYSELF?</b></p>	