

Presented by BU Happiness College

Mindful Self Compassion Techniques

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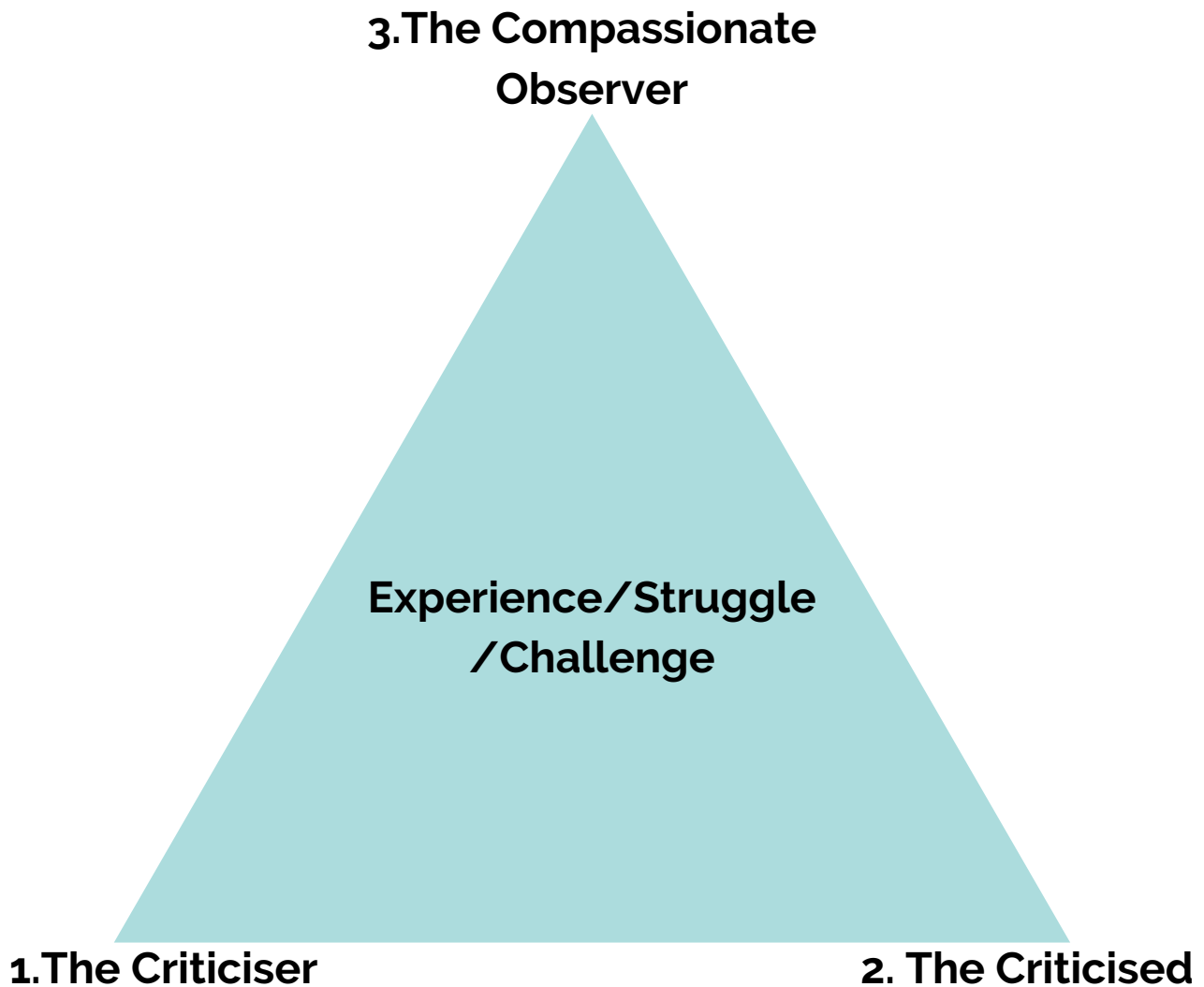


Mindful Self Compassion is the act of
stopping to recognise our own suffering, to
validate & comfort those aspects of
ourselves

- Kristen Neff PhD



Mindful Technique #1



Outline:

- Set up 3 chairs in the shape of a triangle (You can also draw a triangle on a page like in the diagram above).
- Think about an Experience/struggle/challenge that often troubles you and elicits harsh self criticism. Write it in the middle of the triangle or on a piece of paper if chair setting.
- Role play all 3 parts of yourself. Designate one chair as the voice of your inner critic, one chair as the voice of the part of you that feels judged & criticised & one chair as the wise, compassionate observer.



Instructions:

How To:

1. Think about chosen struggle and **sit in the chair of the inner critic. Express out loud what the self critical part of you is thinking and feeling.** (Writing down if journaling). E.g. You're so stupid, you always mess everything up, I hate that you can't stand up for yourself. Notice the feelings that come up with this e.g. anger, frustration etc the tone of your voice & how your posture is e.g rigid, tight etc
2. Now **move to the chair of the criticised part of you.** Try to get in touch with how criticised this part of you is feeling e.g. I feel so hurt by you, I feel unsupported & judged by you. Notice the feelings e.g. small, helpless, discouraged etc. Notice the tone of you voice & how your posture is e.g. rounded shoulders, hunched over etc.
3. **Continue a short conversation between these two parts of yourself.** Switching back and fourth between yourself and allowing each part of you to fully express their views and be heard. Try to really experience each aspect of yourself.
4. Now **move to the chair of the wise compassionate observer.** Address both the criticiser and criticised. What compassion can you offer to the criticising aspect yourself? E.g. To the criticiser you might say: You sound very much like your mother, I see that you're really scared and you're trying to help me so I don't screw up. To the criticised you might say: It must be incredibly difficult to hear such harsh judgement day after day, I see you're really hurting and you just want to be accepted for who you are. Again notice your tone, posture and how this makes you feel.
5. Finish the exercise, take a moment, a breath and reflect on this experience. Did you notice and insights? Did you learn anything new?

Reflection Notes:

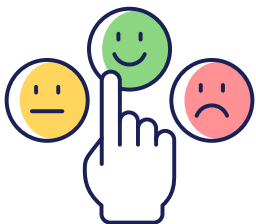
What did I notice/interesting insights?



Any lessons/learnings to take forward?



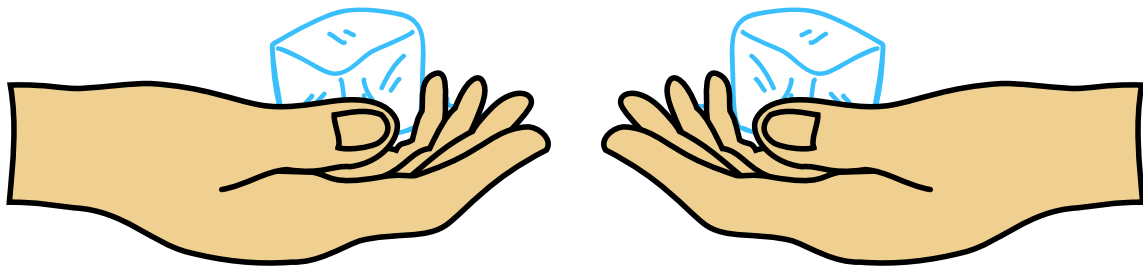
List all the emotions that came up:



Mindful Technique #2

Mindfully working with pain

Ice Cube Holding



Instructions:

1. Hold an ice cube in one hand for 7 seconds. When the discomfort becomes overwhelming, put down the ice cube.
2. Hold an ice cube in the other hand for 7 seconds. This time, feel the discomfort and try not to resist it. Relax around the sensation and allow it just to be there.

Mindfully note the sensations-Cold, burning, tingling, numbness etc

As you do this, practice self compassion for any discomfort you feel e.g. you might say ouch this really hurts, then say it's difficult to feel this discomfort, this is a moment of suffering, I'll get through it. Hold this ice cube for as long you can and then release it.

3. Compare the two experiences, noting the differences from the experience of holding an ice cube in one hand to the other.

Reflection Notes:

What did I notice/find interesting?



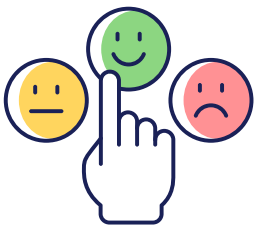
Large empty rounded rectangular box for reflection notes.

Any lessons/learnings to take forward?



Large empty rounded rectangular box for reflection notes.

How did I feel resisting vs relaxing?



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Extra Self Compassion Tools:

Self Compassion Hugging Technique



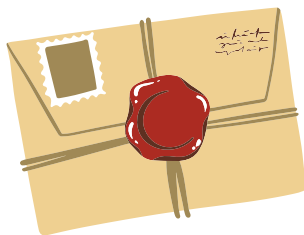
Pick 1 activity to be mindful during



Self Compassion Journal



Write a supportive best friend letter



Write yourself a letter filled with kind & validating reminders



Notes:



Self Compassion Quotes & Responses

I am feeling really hurt by X & it really sucks. What does support look like to me?

I hear you, Me too, I understand.

This is a moment of suffering, suffering is a part of life, may I be kind to myself in this moment.

Rather than wandering around in problem-solving mode all day, thinking mainly of what you want to fix about yourself or your life, you can pause for a few moments throughout the day to marvel at what's not broken.

If you are continually judging and criticising yourself while trying to be kind to others, you are drawing artificial boundaries and distinctions that only lead to feelings of separation and isolation.

Our successes and failures come and go—they neither define us nor do they determine our worthiness.

As soon as you notice you're suffering you automatically embrace yourself with compassion.

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...