

# SELF-COMPASSION BREAK



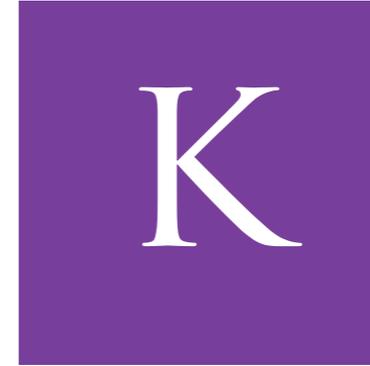
## Mindfulness

Simply notice and acknowledge what you are experiencing without judgement or self-contempt.



## Universal Experience

What you are experiencing is common to all people. You are not alone. You are not being singled out by God.



## Kindness

A fruit of the Spirit. When we give kindness to others and ourselves, we are walking in the Spirit.

When you are feeling dysregulated, pause for a moment and follow these steps:

1. **Use the 4-7-8 breathing technique** (breathe in through your nose on a count of 4; hold for a count of 7; breathe out through pushed lips on a count of 8) **five times** to calm yourself.
2. Simply **note the sensations in your body**? What sensations are you experiencing them? Where in your body are you feeling them?
3. **Say out loud:** “This is a moment of pain.” You can also say, “this is suffering”, “this is overwhelming”, “this hurts” or whatever feels natural to you.
4. **Next say out loud:** “Suffering is a part of life.” This is an acknowledgement of your common experience with the rest of humanity. You are not alone. All people have difficult times and you are part of this experience in a fallen world.
5. **Put your hand over your heart.** Direct your attention to the warmth of your hand and your gentle touch and **say: “I am choosing with the help of the Holy Spirit to give myself kindness right now.”** There may be other appropriate words that come to mind as well such as “I give myself the compassion I need right now”, “I accept myself as both flawed and beautiful”, “I forgive myself” or “I choose to be strong”, “I choose to be loving”, “I am a beloved son of God”, etc.
6. **Pray out loud**, giving your sorrow, anxiety, fear, shame, powerlessness, etc. to the Lord.
7. **Thank Him** for His peace which has been given to you and allow a sense of His shalom, which passes all understanding, to come over you.