

Self-Compassion Mantra

This is a moment of suffering

Suffering is part of life

May I be kind to myself in this moment

May I give myself the compassion I need

A self-compassion mantra is a set of phrases that are memorized and repeated silently to ourselves whenever we need to give ourselves compassion. These mantras are used best when there are strong feelings of distress or we are having difficulties with our ruminations, inner critic or worried thoughts.

The phrases are made up of four different parts, three of which coincide with the three components of self-compassion. Mindfulness (*This is a moment of suffering*), common humanity (*Suffering is a part of life*) and self-kindness (*May I be kind to myself in this moment*). The last phrase "*May I give myself the compassion I need*" is to set the intention to be self-compassionate.

In this exercise, you are to make up your own creative self-compassion mantra using the 3 components of self-compassion and developing a phrase to set the intention to practice self-compassion.

Some examples are:

For Mindfulness: *I am having a really hard time right now, This is really difficult and It's painful for me to feel this now.*

For Common Humanity: *Everyone feels this way sometimes, A lot of people probably feel the same way*

For Self-compassion: *I am sorry you're having such a hard time, It will be alright, Know that I am here for you and care about you*

For intention: *I am worthy of receiving self-compassion, I need to give myself compassion care.*

You can use these example phrases or you can make up your own. Create a note card, memorable paper or object to help you remember the phrase or to prompt you to use the phrase when in distress.