

EMOTIONAL ADULTING

- *THE SKILLS YOU DIDN'T GET IN SCHOOL*

SELF COMPASSION

What: Self-compassion is acting in a nonjudgmental, caring manner toward yourself, much as you would toward another person who is suffering.

Where: Anywhere.

When: While the over goal is cultivate a universal self compassion, it is particularly important to bring in when you are having a difficult time, struggling, or noticing something you don't like about yourself.

Why: Self compassion has been shown to reduce anxiety and depression, promote healing from traumatic events, and increase self-esteem. Self compassion allows us to do the necessary and difficult work of making change.

How: Acknowledge that you are going through something difficult. Comfort and care for yourself with kindness. Recognize your own humanity that you share in common with all suffering people. Address your pain mindfully. Externalize your issue, imagining how you would feel toward a best friend or loved one in the same spot. Think of someone or something who looks at you with compassion.



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How, cont: Engage in a metta (lovingkindness) meditation.

Using the script below or any variation that best suits you, begin by repeating the phrases at least three times each toward yourself.

May I be held in lovingkindness.

May I be safe from harm.

May I be healthy.

May I be at ease.

You can stay with the focus on yourself or then move to someone or something (it's okay for it to be a pet) who you love dearly, adjusting the script direct the meditation toward them. You can pause here or continue outward, moving to someone neutral or unknown, someone you are struggling with, and then out to all beings. There are many different variations you can do, including starting with someone dear then moving to yourself. The important part is creating space for the process to unfold. You can also seek out guided metta meditations online to help you establish your practice.

