

# Developing Self-Compassion in three steps

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## Mindfulness

- Notice how you're feeling, without minimizing or exaggerating
- *"I am experiencing a moment of sadness"*
- *"I am feeling frustrated in this moment"*

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## Common Humanity

- Recognize that all humans experience pain and are imperfect. Feel that connection to our shared experience
- *"Other people have felt this way"*
- *"I am not alone in this feeling"*

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## Self-Kindness

- Offer yourself kindness, rather than judgment or criticism
- *"What do I need in this moment?"*
- *"May I be patient and gentle with myself"*

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