

The Self-Compassion Break

Three short steps to steady yourself in a hard moment, based on self-compassion research. Educational overview.

The self-compassion break is a short practice for hard moments, drawn from the research of Kristin Neff. It has three parts: naming the pain, remembering you are not alone in it, and offering yourself some kindness. It is not letting yourself off the hook, and it tends to help people cope and try again.

Three steps

- 1. Notice it.** Put words to the moment. "This is hard right now," or "This really hurts."
- 2. Remember you are not alone.** Struggle is part of being human, and many people have felt something like this.
- 3. Be kind to yourself.** A hand on your chest can help. Ask, "What do I need to hear right now?" and offer it, the way you would to a good friend.

Being kind to yourself is not self-pity, and it does not mean lowering your standards. Research links it with more motivation and steadier moods, not less.

Learn more: Self-Compassion at shrinkdaily.com/concept/self-compassion

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