

Self-Compassion Reset

A three-minute practice for the moments when you're being hard on yourself.

Self-compassion means treating yourself the way you'd treat a good friend who's struggling. It isn't letting yourself off the hook: research suggests it supports motivation rather than undermining it.

MINUTE 1

Notice: "This is hard."

Name what's happening without making it bigger or brushing it off. Notice where you feel it in your body.

Try: "This is a really hard moment." · "I'm feeling _____ right now."

MINUTE 2

Remember you're not alone

Struggle is part of being human, not a sign that something is wrong with you.

Try: "Other people feel this way too." · "Most people in my shoes would find this hard."

MINUTE 3

Offer yourself kindness

If it feels okay, rest a hand on your chest or another comforting spot. Ask: *what would I say to a friend right now?* Then say it to yourself.

Try: "It makes sense that I'm upset." · "I'm doing the best I can."

Swap the inner critic for a kinder, honest voice

INSTEAD OF...

"I'm so stupid. I always mess up."

"Everyone else has it together."

"I'm lazy."

TRY...

"I made a mistake. I can learn from it."

"I'm comparing my inside to their outside."

"I'm exhausted, and rest is allowed."

If kindness feels hard

It can feel awkward at first, and that's common. Start with a neutral phrase, or imagine what someone who cares about you would say. If the self-criticism is harsh or never lets up, that's worth exploring with a therapist.

My go-to kind phrase

Need help right now? If you or someone else is in immediate danger, call 911 or go to your nearest emergency department. Call or text 9-8-8 (Suicide Crisis Helpline, 24/7). Under 18? Call Kids Help Phone at 1-800-668-6868 or text CONNECT to 686868.

This is an educational self-help tool. It is not a diagnosis, and it is not a substitute for care from a regulated health professional.

Where this comes from: Built on the three parts of self-compassion described by Kristin Neff (mindfulness, common humanity and self-kindness): Neff (2003), *Self and Identity*, 2(2), 85-101, and the Self-Compassion Break at self-compassion.org. Wording on this page is original to Clover Counselling.