

Think of an situation or issue that you are unhappy about, an issue that makes you feel inadequate or bad about yourself. Try not to choose the most charged issue in your life but instead choose one that will allow you to work with the exploration of self-compassion. Choose an issue that you are comfortable reading to your partner. That said, **don't mince words**. Lay it out there in all its glorious messiness.

Describe the issue in several sentences. How does this issue reflect who you are as a person? Write about the emotions that come up for you when you think about this aspect of yourself. How do you judge yourself based on this issue?

Sample Compassion Phrases:

That must be difficult for you.

You are only human.

You are doing the best you can.

You didn't choose to be in this situation.

It is okay to feel how you are feeling.

I see this hurts you.

This is really hard.

I want you to be happy.

Everyone has moments like this.

Now take the compassion your partner expressed as you shared your story and once again write about the issue. What can you say to yourself about this issue from the perspective of unlimited compassion? What language can you use to recall that you are only human, that all people have strengths and weaknesses? How can you give yourself care, understanding and compassion when dealing with this difficult issue?