

### Handout 3: Self-Compassion Phrases

Loving Kindness Meditation can be done with any phrases you wish to soothe yourself with when you experience some difficulty. Remember to stay on the wishing side of the equation (rather than the outcome side). Good feelings may come as a byproduct of this exercise, but the primary purpose is to cultivate kindness, regardless of what the outcome is.

The “may I” format can be a powerful way of giving yourself permission to send and accept goodwill, but feel free to try other phrases, always bearing in mind, **“What do I need to hear in this moment?”** For example, you could try saying to yourself: “I’m doing the best I can, and that’s enough” or “It’s understandable that I feel this way.” Other useful phrases are “I know I didn’t mean for things to turn out this way” or “I deserve kindness, just like everyone else”.

Feel free to try out different phrases, until you find three or four that resonate with you. Once you settle on your phrases, use them whenever you practice sending self-compassion. The more you practice, the easier it will become to express compassion toward yourself and others.

May I accept myself as I am

May I find peace in my heart

May I be safe

May I be free from fear

May I be healthy

May I accept the circumstances of my life

May I have contentment

May I remember that we are all human

May I believe in myself

May I know that others struggle along with me

May I be free from shame

May we learn to live together in peace

May I be kind to myself, unconditionally

May I give myself the compassion I need

May I be free from harm

May I have peace of mind

May I be happy and free from suffering

May I care for myself

May I be free from suffering

May I cherish myself

May I have courage

May I accept myself completely, just as I am

**My phrases:**

_____	_____
_____	_____

You can practice repeating your phrases with eyes closed or eyes open, for just a few seconds in the middle of a difficult situation or for longer. See what works for you.