CULTIVATING
SELF-COMPASSION
DRAWING ON RESOURCES TO FEEL SAFER INSIDE

PAUSE
Pause, and bring awareness to your body, to how you are sitting and how you are supported. You might let your breathing deepen, if it wants to...

NOTICE
Draw on a resource that’s available to you right now. For example, you might be aware of something beautiful or beloved in your surroundings. Take a moment to receive the help that is here for you.

SENSE
Sense in the inner area of your body (throat, chest, stomach, belly). Notice if there is “something in me” feeling in need of extra care and tenderness.

SAY HELLO
Say a gentle “Hello, I know you’re there” to that place inside you. You might even let a reassuring hand go to the place where you feel it in your body.

CHECK AGAIN
Take a moment to check-in again. Become aware of anything that feels different now. It may be a subtle feeling. Just let yourself become aware of any change, no matter how small.

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