Cultivating Compassion: 
Begin with Self

Compassion is being conscious of another’s suffering and the desire to alleviate that suffering. In order to be truly compassionate, we need first to be self-compassionate.

Benefits...
- Reduced Stress
- Better Choices
- Role Modeling
- Improved ability to access hope, a vision for the future
- Equanimity
- Ability to access joy
- Greater compassion

8 Exercises...
- The Good Friend
- S/C Break
- Writing
- Supportive Touch
- Change the Critic
- S/C Journal
- ID What you Want
- Care of Caregiver

Compassion...
- Kristin Neff, leading expert
- Karen Armstrong, theologian
- Brene Brown, teacher researcher
- Gandhi/MLK
- Mindfulness/Emotions
- What self compassion is not
- Self-Compassion.org- Test

https://self-compassion.org/test-how-self-compassionate-you-are/

Kim Perone, Success Coach & Mindfulness Trainer (518) 301-3593 Kperone@Center4C.com
www.Center4C.com, 850 Route 50, Burnt Hills, NY (not a mailing address, in the Haughey Insurance Building)