



THE CENTER FOR
Clarity, Compassion & Contentment

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/>