

# Self-Compassion Circle



Self-compassion means to fully BE with yourself in a deeply aware and non-judging way as a loyal and trustworthy friend. It is a willingness to be with yourself as a loving companion to your own pain. Self-compassion includes care, concern, solicitude,

sensitivity, warmth, unconditional love, tenderness, acceptance, mercy, leniency, kindness, and charity for ourselves. Compassion for yourself is a softness that flows within you and permeates your emotional / energy wound with acceptance, unconditional love and intimate understanding. Self-compassion is seeing your most tender wounds without judgment.

Research suggests that people who are more self-compassionate lead healthier, more productive lives with more self-worth than those who are self-critical. Self-compassion steps in precisely when we fall down, allowing us to get up and try again. In this circle, we will explore self-compassion through discussion, a self-test, and a self-compassion exercise to help us understand that compassion isn't only something that we should apply to others. Just as we'd have compassion for a good friend who was going through a hard time or felt inadequate in some way, why not have compassion for ourselves?