

Self-Compassion Sequence

1. Firstly, let us **slow down our breathing**. Three seconds out and three seconds in - preferably through the nose (1 and 2 and 3- not 1,2,3). You cannot panic if you are breathing like this unless there is some other medical reason for your over-breathing (hyperventilation). You might consider having a full physical check up with your medical practitioner to make sure. What you are doing here with your breath is soothing and regulating - just as a loving parent might do with a distressed baby, child or animal.

2 Shift focus away from all self-denigration (put down) and frightening thoughts just like you would protect a small child or animal that you love. Give a resounding “No” to such ways of speaking to your self. You might need to do this many times in a minute, an hour or a day. That’s okay- keep at it. Such thoughts will eventually reduce in frequency and intensity when they have no willing audience- they may become more temporarily insistent and seemingly out of control. Perhaps consider it in terms of managing the behaviour of an unreasonable and demanding toddler. What do you teach the toddler if you give them their own way and let them run havoc??? What is likely to happen next time???? Please remember that such thoughts are not silly and they often come out of unhelpful earlier learning and they do not serve you in learning new ways of understanding your self, your worth, your authentic power and your current and future reality

3. Gently call yourself into to the present through your senses- sight, sound, touch, smell, taste.

4. Self-soothing activities (gentle music, walking in nature, warm bath etc)

5. Keep repeating the process for as many times as is necessary for you to start to settle the body and the mind.