

# Challenge SELF- COMPASSION



## STEP 1: CHOOSE A DIFFICULT SITUATION

Recall a situation that you are having difficulty with at the moment. Describe this situation in a paper.



## STEP 2: IDENTIFY YOUR YIN ACTIONS

Regarding your current difficult situation (identified in Step 1), come up with at least one self-compassion actions for each of the three aspects of Yin self-compassion.

- Comforting: What is one thing that you can do to take care of your emotional needs?
- Soothing: What is one thing that you can do to make yourself feel physically calmer and more at ease?
- Validating: What is one thing that can you say to yourself to validate your feelings?



## STEP 3: IDENTIFY YOUR YANG ACTIONS

Now, regarding the same situation come up with at least one action for each of the three aspects of Yang self-compassion.

- Protecting: What is one thing that can do to stop others that are hurting you or stop the harm that you are inflicting on yourself?
- Providing: What is one thing that you can do to give yourself what you need?
- Motivating: How can you motivate yourself with kindness, support, and understanding, rather than criticism?

## YIN SELF-COMPASSION

Being with ourselves

aspect	action
<u>Comforting</u> : What can I do to take care of my emotional needs?	
<u>Soothing</u> : What can I do to make myself feel physically calmer?	
<u>Validating</u> : What can I say to myself to validate my own feelings?	

## YANG SELF-COMPASSION

Acting in the world

aspect	action
<u>Protecting</u> : What can I do to stop others that are hurting me or to stop the harm that I inflict on myself?	
<u>Providing</u> : What can I do to give myself what I need?	
<u>Motivating</u> : How can I motivate myself with kindness, support, and understanding, rather than criticism?	

