

TREASURE TOOLS FOR SELF-COMPASSION

1. Notice when we are suffering, and BE WITH! Our self, Our feeling in that, no matter what it is. Courageous honesty. Courageous “being with.”
2. Notice and release cruel message from inside or outside ourselves that make us feel worse.
3. Hugging, rocking self, and, “Oh Honey...I am right here for you.”
4. Remember that failure is not fatal. Courage to continue is what is important. Find some ways to get up and out of the pit. Exercise, Breath, Prayer, Meditation, Dancing, Music, Reading something Inspirational, seeking help from others.
5. Remember that we are Divine, and one aspect of God in us is Love, Nothing but Love. Feel yourself being held in the loving arms of your Inner Divine.
6. Seek the gift in a painful situation: what can I learn from this? Express gratitude for that.
7. Take action:
 - a. Fierce self-protection from harmful people or situations.
 - b. Say, “No!” to any person or situation that takes us from our connection with God.
 - c. Make amends with our self, and/or with others if necessary.