



DAILY INFORMAL PRACTICES

Again, the key idea behind “daily life practices” is that these exercises are intended to be done in the midst of our daily lives. It can be very helpful to use your journal to help record what was supportive, what was challenging, and anything else of note. You can then review it before our next class to share any questions or insights from your practice.

Self-Compassion Letter

Write a [Self-Compassion Letter](#) to yourself! You will share this letter with one other person during next week’s class, so keep it brief (no longer than 1 page) for that purpose. If you wish to write a longer version of the self compassion letter, please do and also make a shortened version to share next week.

Replace Negative Judgments

Notice and be more aware when you are criticizing, judging, or shaming yourself. As you bring awareness to these thoughts, recognize that in that moment you have a choice. Would you like to continue to judge or criticize yourself? Or would you like to explore meeting yourself with compassion or kindness. You can ask yourself, “If one of my friends were struggling with something similar, what would I say to him/her?” Explore ways you can consciously replace negative judgments with more compassionate narratives.

Needs Inventory

Explore if you can identify the unmet need when you’re aware of any difficult feelings and then validate the need using the [Needs Inventory](#). Allow the feelings to be felt in the body, and then see if you can release the negative thought.

OPTIONAL | SUGGESTED

Self-Compassion Break

Practice the [Self-Compassion Break](#) once a day or when you notice you are engaging in negative self talk.

Supportive Touch

Use Supportive Touch (similar to what we did at the start of our meditation in class) when you feel in need of a little self-soothing when things are difficult.

Scale to Assess Self-Compassion

Complete [Dr. Kristin Neff’s assessment of Self-Compassion](#)