

Tool 2.2: Practice self-compassion

Self-compassion is a practice that can help address feelings of sadness or hopelessness. These feelings are common when working to address an addictive behavior. One model of self-compassion defines it as a practice comprised of these three things:

- Being kind to yourself rather than judging yourself
- Recognizing that what you struggle with is something that you have in common with other humans
- Practicing mindfulness rather than over-identifying with your thoughts and emotions.

How can you practice these three things in your life? Jot some ideas down below. Pick one at a time to practice until they become habitual. With practice, you may find that self-compassion arises more quickly and with less effort, helping you stay present in each moment and reducing your stress.

| Self-kindness practices | Common humanity practice | Mindfulness practice |
|----------------------------------------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------|
| Ex: Ask myself if that's how I would talk to a friend in this situation, stop calling myself names | Ex: Attend mutual support group meetings, volunteer | Ex: Daily meditation; notice the birds I hear on a walk |