Tender & Fierce Self-Compassion¹

We start by asking ourselves:

"What do I need right now?"

"What do I need to help alleviate my suffering?"

Tender
Self-Compassion

Needing Comfort

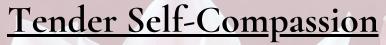
Fierce
Self-Compassion

Needing to take Action to:

-Protect

-Provide

-Motivate



Needing Comfort Calling forth Love, Connection, Presence

We call on tender self-compassion when we are with pain and need to comfort ourselves. We practice it by being present with the pain (not resisting it) and the tender expression of the 3 elements of self-compassion:

<u>Kindness</u>: We feel **love** when we embrace our pain with kindness and empathy.

<u>Common Humanity</u>: We feel **connected** when we remember we are not alone in our pain.

<u>Mindfulness</u>: When we are mindful of our pain, we are **present**.

This is how I practice showing myself kindness & comfort as I am present with the pain. I am safe.
I practice acceptance. I release the urge to ignore, deflect or push away the pain. I can name the
pain, be present with it and acknowledge it too shall pass. I remember that all humans feel this
pain; I am part of a collective. I do not bully myself.
pant; I am part of a conective. I do not buny mysen.
Somatic reminder: I LOVE, CONNECTION and PRESENCE in my body by:



Needing to *Protect* Ourselves Calling forth Bravery, Empowerment, Clarity

We call on fierce self-compassion when we need to protect ourselves from potential harm.

We practice it by action and the fierce expression of the 3 elements of self-compassion:

Kindness: We feel brave to be strong in our boundaries.

<u>Common Humanity</u>: We feel **empowered** to stand up for what is right for everyone, as we all deserve to be treated fairly.

Mindfulness: When we are mindful we use clarity to speak and active from truth.

These are the actions/boundaries I am taking to bravely protect myself:
By standing up for myself, I stand up for others. I'm not alone in this. I am empowered to create a
ripple effect of protection not just for myself but for others:
My decisions and actions are clear:
Somatic reminder: I feel BRAVE, EMPOWERED and CLEAR in my body by:



Needing to *Provide* for Ourselves Calling forth Fulfillment, Balance, Authenticity

We call on fierce self-compassion when we need to provide for ourselves.

We practice it by action and the fierce expression of the 3 elements of self-compassion:

Kindness: We take action to fulfill our emotional, physical and spiritual needs.

<u>Common Humanity</u>: We are not selfish nor do we subordinate our needs. We seek **balance** and equality as we satisfy ourselves and others.

Mindfulness: We identify what we authentically need, staying true to our values.

These are my emotional, physical and spiritual needs that I need to fulfill:
I respect everyone's needs, including my own. I find balance in addressing my own needs and modeling it for those around me.
I am mindful and deliberate about knowing, deep down, what my authentic needs are. I do not suppress them.
Somatic reminder: I feel FULFILLED, BALANCED and AUTHENTIC in my body by:

Fierce Self-Compassion

Needing to *Motivate* Ourselves to reach a goal or make a change Calling forth Encouragement, Wisdom, Vision

We call on fierce self-compassion when we need to motivate ourselves.

We practice it by action and the fierce expression of the 3 elements of self-compassion:

<u>Kindness</u>: We actively **encourage** ourselves to make a change or reach a goal.

<u>Common Humanity</u>: We learn from failure and tap into our inner **wisdom** for self-guidance. We seek out coaching and feedback from our supportive community and honor this need.

<u>Mindfulness</u>: We tap into the **vision** of the change we are seeking.

I encourage and support myself in taking steps toward the goal or change I'm calling in.
I have the inner wisdom and communal support to find my path and learn from my setbacks.
I see my next steps clearly and am focused on my vision.
This is where I am headed, without holding back:
Somatic reminder: I feel ENCOURAGED, WISE and FOCUSED ON MY VISION in my body by