



Tender & Fierce Self-Compassion¹

We start by asking ourselves:

“What do I need right now?”

“What do I need to help alleviate my suffering?”

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Tender
Self-Compassion

Needing Comfort

Fierce
Self-Compassion

Needing to take Action to:

- Protect
 - Provide
 - Motivate
- ////////////////////////////////////



Tender Self-Compassion

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:

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

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

Mindfulness: 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.

Somatic reminder: I LOVE, CONNECTION and PRESENCE in my body by:



Fierce Self-Compassion

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.

Common Humanity: 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:



Fierce Self-Compassion

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.

Common Humanity: 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:

Kindness: We actively **encourage** ourselves to make a change or reach a goal.

Common Humanity: 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.

Mindfulness: 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:
