

Self-Compassion Meditation Script

Name

Date

Begin by bringing your awareness to the present moment. Let go of any distractions or thoughts about the past or future. This is your time for self-compassion and self-care.

Take a moment to focus on your breath. Feel the natural rhythm of your breath as you inhale and exhale. Notice the rise and fall of your chest and the sensation of the breath as it enters and leaves your body.

Now, I want you to repeat to yourself: "I am only human, and like all humans, I am not perfect. I make mistakes, and I have flaws, just like everyone else." Allow yourself to truly embrace the fact that imperfection is a part of being human.

Place your hand over your heart, or wherever feels most comforting to you. Imagine a warm, gentle light radiating from your hand into your heart. As you do this, say to yourself: "May I be kind to myself. May I be gentle with myself. May I love and accept myself just as I am."

Bring to mind a recent situation where you were hard on yourself or felt like you failed in some way. Visualize the scene and the emotions you experienced. Allow yourself to feel the emotions without judgment. It's okay to feel these emotions.

Now, imagine your past self in that difficult moment. Offer the same kind words to your past self: "May you be kind to yourself. May you be gentle with yourself. May you love and accept yourself just as you are." Recognize that your past self was doing the best they could at that moment.

Remember that everyone goes through challenging times and makes mistakes. You are not alone in your struggles. Repeat to yourself: "I am not alone in my suffering. We all face difficult moments, and we are all interconnected in our humanity."

As you bring this meditation to a close, think about how you can be more compassionate toward yourself in the future. Consider what self-care practices and self-kindness strategies you can incorporate into your life.

Take a few deep breaths, slowly bringing your awareness back to the present moment. Wiggle your fingers and toes, and when you're ready, gently open your eyes.

Additional notes