

Self-compassion exercise

Instructions: Think about a situation in which you did something that you regret or felt a deep sense of shame. With attention on yourself at that moment, repeat to yourself:

- "Just like anybody else, I was seeking some happiness for my life."
- "Just like anybody else, I was trying to avoid suffering in my life."
- "Just like anybody else, I have known sadness, loneliness, and despair."
- "Just like anybody else, I was seeking to fulfill my needs."
- "Just like anybody else, I was learning about life."