

PRACTICE GUIDE

Self-Compassion Break

Three sentences when you're struggling

"Love your neighbor as yourself." -- Mark 12:31

Kristin Neff's research shows self-compassion reduces anxiety, depression, and shame more effectively than self-esteem. This three-step pause counters the 'just pray harder' shame cycle with the kindness Christ already extends to you.

THE PRACTICE

1

Name the suffering

"This is hard." Acknowledge what you're feeling without minimizing it.

2

Remember common humanity

"Others feel this too. I am not alone in this." Suffering is shared, not shameful.

3

Offer kindness

"May I be gentle with myself." Place a hand on your heart if that helps.

TIP

The 'as yourself' in 'Love your neighbor as yourself' is not optional. Self-compassion is not selfishness -- it's obedience.