

Self-Compassion Break Meditation

Objective

To increase your self-compassion using the Self-Compassion Break Meditation technique.

What to Know

This 5-minute audio will help you feel compassionate toward yourself and important part of being more resilient and dealing with depression and anxiety.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you feel self-doubt or lack compassion toward yourself.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				