

Compassion Recharge ToolKit

Here is a set of quick, compassionate techniques to refill your positive emotional energy and reset your mindset after an interaction when you felt pain, such as feeling bad, hurt, or angry:

- Breathe a little more slowly and say to yourself:
 1. This is a moment of pain.
 2. Pain is a normal part of life.
 3. May I be safe.
- Focus your attention on your breathing for a few moments, taking slow breaths in, then exhaling gently, making your exhales longer than your inhales. Now say to yourself:
 1. May I be safe.
 2. May I safely endure this pain.
 3. May I learn to live with ease.
- Put your hands over your heart, feel your hands' warmth and gentle pressure, and notice your belly rising and falling beneath your hands as you breathe. Now, say to yourself:
 1. May I be kind to myself.
 2. May I accept myself just as I am.
 3. May I find peace in my heart.
- Close your eyes and allow yourself to settle into stillness. Start to notice your breathing, letting your body feel heavier with each breath out, sinking naturally downward, and feeling your legs and feet connecting with the ground. Silently and gently repeat the following phrases to yourself five times each:
 1. May I be safe.
 2. May I give myself the loving understanding I need now.
 3. May we learn to live together in peace

References

Gallo, F. J. (2016). *A practitioner's guide to using the acceptance and commitment therapy matrix model*. Frank J. Gallo.

Neff, K. (2015). *Self-compassion: The proven power of being kind to yourself*. New York, NY: William Morrow.

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