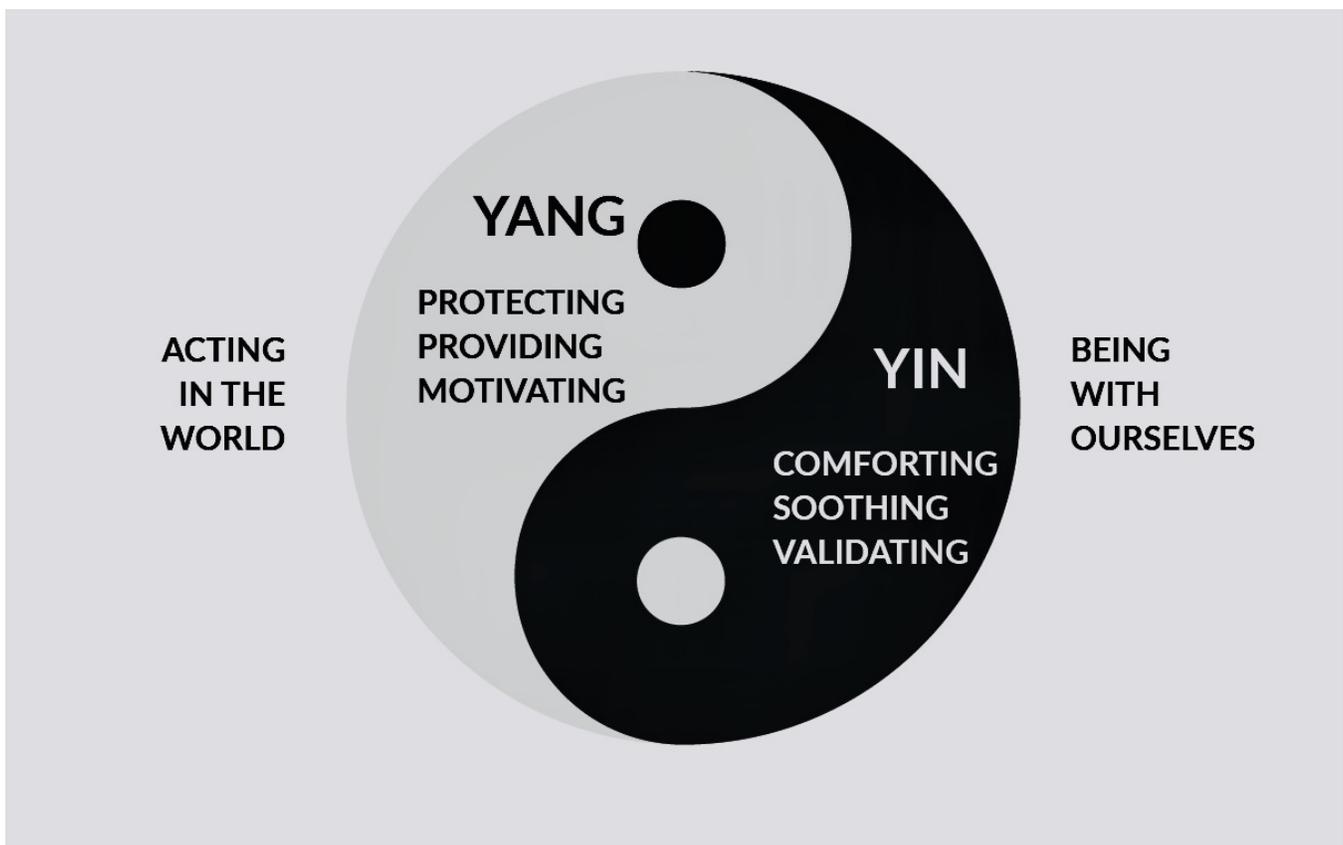


Bounce Back FROM ANYTHING Coaching Program

BALANCED SELF-COMPASSION EXERCISE

There are lots of ways to be compassionate towards yourself during times of need. You can comfort yourself, soothe yourself, and offer yourself validation AND you can protect yourself, provide for yourself, and motivate yourself.

The comforting, soothing, validating side of self-compassion care sometimes involves gently leading into painful emotions; this side is known as the “yin” side. In contrast, it sometimes involves a stern “no!” and turning away from danger; this is known as the “yang” side.



In this exercise, we are going to tap into the “yang” side of self-compassion.

Step 1: Choose a difficult life situation

Recall a situation that you are having difficulty with at the moment. For example, you may be experiencing stress at work, or you may have had an argument with a family member. Describe this situation in the space below:

**Step 2: Yin self-compassion actions**

Regarding your current difficult situation (identified in Step 1), come up with at least one self-compassion actions for each of the three aspects of yin self-compassion in the first column of the table displayed in the appendix. Write your answers in the action columns.

Comforting: What is one thing that you can do to take care of your emotional needs?



Soothing: What is one thing that you can do to make yourself feel physically calmer and more at ease?



Validating: What is one thing that can you say to yourself to validate your feelings?



Step 3: Yang self-compassion actions

Regarding your current difficult situation (identified in Step 1), come up with at least one self-compassion actions for each of the three aspects of yang self-compassion in the second column of the table shown in the appendix. Write your answers in the action columns.

Protecting: What is one thing that can do to stop others that are hurting you or stop the harm that you are inflicting on yourself?



Providing: What is one thing that you can do to give yourself what you need?



Motivating: How can you motivate yourself with kindness, support, and understanding, rather than criticism?



Appendix: Yin/Yang self-compassion actions table

Yin Self-Compassion		Yang Self-Compassion	
aspect	action	aspect	action
Comforting What can I do to take care of my emotional needs?		Protecting What can I do stop others that are hurting me or stop the harm I inflict on myself?	
Soothing What can I do to make myself feel physically calmer?		Providing What can I do to give myself what I need?	
Validating What can I say to myself to validate my own feelings?		Motivating How can I motivate myself with kindness, support, and understanding, rather than criticism?	