



Rabia Nur
C o a c h i n g

Conscious. Compassionate. Collaborative.


Self-Compassion Workbook

Exercises, Practices, and Journaling

By Dr. Rabia Subhani

Created exclusively for Lemon Rebellion attendees

Are you Practicing Self- Compassion?



As women, we often tend to put everyone else first before we take care of ourselves. In this session, we covered the importance and benefits of practicing self-compassion and then learned simple self-compassion techniques we can use daily.

*Please note that I am using Dr. Kristin Neff and Dr. Chris Germer's Mindful Self-Compassion® teachings (www.centerformsc.org).

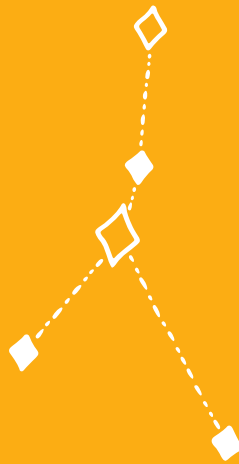
*Give yourself a kiss. If you want to hold the
beautiful one, hold yourself.*

~Rumi



Exercise

How do I treat a friend?



Think about a time when a friend of yours told you she was feeling bad or guilty about something or blaming herself. How did you react? Were you kind and understanding? Empathic?

Now think about how you react towards yourself when you're feeling upset or you do something you feel guilt over? What is your tone? Are you understanding?

SELF- COMPASSION INTRO

Remember to take care of yourself!

Self-compassion involves treating ourselves kindly, such as we would treat a good friend for whom we cared. Rather than constantly judging and blaming ourselves, using self-compassion allows us to begin accepting our actions with kindness toward ourselves and having the desire to alleviate our own suffering.

We can do this through several practices; such as (1) self-compassion meditations, (2) giving ourselves a soothing touch (3) taking a self-compassion break or (4) behavioral self-compassion practices.

(1) For self-compassion meditations, I have a few on my website (www.drrabia.com/resources) and you can also find many on the internet, especially at www.centerformsc.org.



SELF- COMPASSION CONTINUED



(2) A soothing touch is simply give yourself a gentle hug or caress, or simply putting your hand on your heart and feeling the warmth of your hand. It may feel awkward or embarrassing at first, but your body doesn't know that. It just responds to the physical gesture of warmth and care, just as a baby responds to being cuddled in her mother's arms. Our skin is an incredibly sensitive organ and research indicates that physical touch releases oxytocin which provides a sense of security, soothes distressing emotions, and calms cardiovascular stress.

(3) The self-compassion break is on the following page and consists of three parts; mindfulness vs awareness; shared humanity vs isolation; and self-kindness vs self-judgment. It is an exercise you can use during an acute crisis or even later when you have additional time to process.

(4) Behavioral self-compassion practices are listed on page 7.

Self-Compassion Break

Doing the Exercise



Mindfulness vs Awareness

Acknowledge that this is a moment of suffering. “This is stressful.” or “This hurts.” Turn towards your pain in a kind, gentle way.



Shared Humanity vs Isolation

Suffering is part of being human—you’re not alone. Our experience is universal. We all struggle as parents of our neurodiverse children.



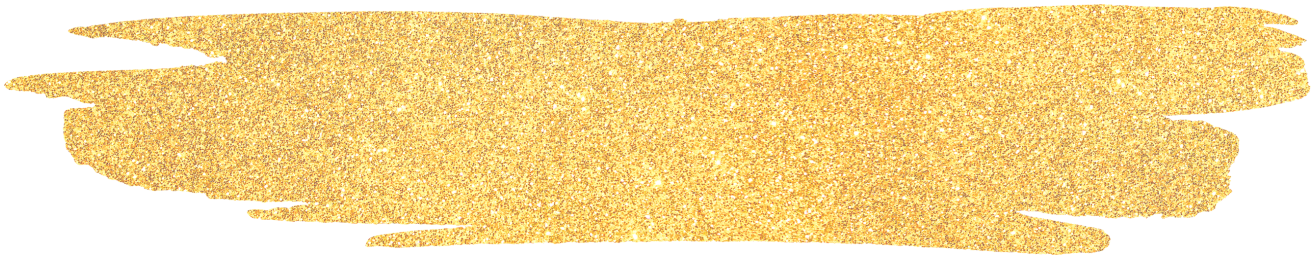
Self-kindness vs Self-judgment

May I be kind to myself in my suffering. May I give myself the compassion I need. May I accept myself as I am. May I be strong.

Behavioral

Self-Compassion Exercises

- o Physical - exercise, massage, warm bath, cup of tea
- o Mental - meditate, watch a funny movie, read an inspiring book
- o Emotional – have a good cry, pet the dog, listen to music
- o Relationships - meet with friends, send a birthday card, play a game
- o Spiritual - pray, walk in the woods, help others





My Positive Affirmations

Journaling

Date : _____

★ How did I take care of myself today?

★ How did I not take care of myself today?

★ What will I do next time to practice self-compassion?

**Thank you; I am
so glad you came!**

I'm thrilled to have shared these exercises and practices with you and hope they are able to help guide you as you begin learning about the transformative and healing qualities of self-compassion.

Don't forget that I have additional free resources available on my site (www.DrRabia.com). At the bottom of the home page, you will find a link to join the free Facebook group for Alchemy Heart Academy which is a group I co-founded with my friend to share with other women how to live life with soul-aligned purpose and passion!

Sending you much love as you embark on your own self-compassion journey!

**XOXO,
Rabia**