



Personal Wellbeing and Self-Care
VMware - Summer 2021

Instructor: Barbara Piper-Roelofs
barbara@berooted.nl | +31 6 40269953

Homework Exercise: Self-Compassion Reflection

In dyads work with the following exercise.

Self-compassion through Reflection

Please take a moment to greet each other and decide on who is going first to share:

1. Settle the mind/relax into the moment of the here and now
2. Open your eyes and silently acknowledge each other's presence

Each take approx. 8 minutes to speak:

1. Ask each other:

- Please tell me about what came up for you during the settling in exercise.
- What did you notice after you heard the 3 phrases:

1. This is a moment of suffering
2. Suffering is a part of life
3. May I be kind to myself

2. **Debrief together:** take a moment to reflect together on how the experience of this exercise was for you.