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“Compassion is not a relationship between the healer and the wounded. It's a relationship between equals.”

— Pema Chödrön

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www.unfoldconsciously.com
Self Healing Journey Guide Resource

Self-Compassion Script

For Moments of Self-Judgment, Shame, or Overwhelm

How to Use This Script

- Find a quiet(ish) moment, or simply pause wherever you are.
- Place a hand gently on your heart, cheek, or anywhere that feels comforting.
- Read the script slowly, aloud or silently.
- If you notice resistance, numbness, or disbelief, that's okay. Just breathe and continue as best you can.

Self-Compassion Script

I see that I am suffering.

May I be gentle with myself.

This is a moment of suffering.

Suffering is part of being human.

May I meet this moment with kindness.

It's okay to feel how I feel.

It is valid how I feel right now, It is true for a part of me, and I honor that.

Even if I wish things were different, I am here for myself right now.

May I give myself the compassion I need.

I do not have to fix or change anything in this moment.

I am doing the best I can with what I have.

I am allowed to be imperfect, to rest, to begin again.

May I let go of the need to be perfect, even for a moment.

It's okay to rest, to not have it all together.

May I treat myself with the same care I would offer to a dear friend or a beloved animal.

It's enough that I'm here and willing to try.

Even this—right here, right now—deserves compassion.

Closing Practice

- Take one gentle breath, and thank yourself for showing up—even if it didn't feel like much.
- You might imagine placing a soft, warm blanket of kindness around your body as you move on with your day, in whatever way that might look - without judgement, but with a deeper energy of compassion and kindness.