



When compassion meets an
empty mind and an open heart,
your ability to be resilient in the
face of life's challenges is
unbounded

On the next page, you will discover some self-reflections designed to nurture resilience through compassion. I've taken inspiration from one of my favorite teachers, Joseph Goldstein. You can enjoy his insightful and calming talk about compassion [here](#); it's perfect for background listening while you work.

If you're short on time, I've also prepared a reflective checklist on the following page.

Engaging in transformational self-reflection can be challenging without support. Reach out to me via email, and we can have an introductory conversation to discuss and reflect on your responses to the questions on the next page.

simon@needtobreathe.co.uk

www.needtobreathe.co.uk

Self Reflective Questions for Generating Self Compassion

- How do I usually respond to change or challenges? Can I acknowledge the inevitability of change with kindness rather than resistance? During tough times, can I remind myself, "I am not exempt" and extend compassion to both myself and others who are experiencing similar difficulties?

- When I experience feelings of self-criticism or overwhelm, am I able to explore these thoughts and emotions without identifying them as "me" or "mine"? How can I softly release the desire to control every outcome and instead embrace the natural flow of life?

- How can nurturing a compassionate heart enhance my connections with others and alleviate my own suffering?
- How can I perceive my personal growth and challenges as beneficial to the greater good?

- When I find myself trapped in self-criticism or anxiety, can I draw on my past experiences to recognize that, like all moments, this too shall pass? How can I cultivate a more "water-like" fluidity in my awareness, allowing me to release rigid expectations or judgments?
 -
-