

Exercise 6.10: Using 'me at my best' to help me with a difficulty (pages 180-1)

This is a variation on Exercise 6.4. Here you are practicing offering yourself compassion for a specific dilemma or difficulty in your life.

In this exercise, we are going to imagine compassion flowing from you towards yourself and offering your wisdom (including knowing when to ask for help from others) to know how to help you manage a difficulty, and court compassionate courage and dedication to see this through to help you.

It can be useful to prepare by jotting down the issue you want to work on. You may also want to use the photograph you used for Exercise 6.9 or to look in the mirror as you do the exercise. As with Exercise 6.4, try to resist the temptation to choose something that is very painful for you at the moment. You can work your way up to this as you grow in confidence with the exercise. Sometimes people like to choose a difficulty that is now resolved and use their compassionate mind to help them think of new ways to address this issue. You might like to plan for something you know might be an issue in future but is not currently causing you distress (for example, going out for a meal or a job interview) and finding ways to compassionately manage this.

Use the audio for this exercise to help.