



# *Mindfulness*

Mindfulness is an essential component of self-compassion, as it is the first step we need to take in order to be self-compassionate.

## What does mindfulness involve?

Being open to the reality of the present moment by allowing all thoughts, emotions and sensations without resistance or avoidance.

## Why is mindfulness an essential component of self compassion?

We need to be able to "feel it to heal it". This means we must acknowledge when we're suffering, and sit with our pain long enough to respond with care and kindness.

## Why is mindfulness the first step of self compassion?

We need presence of mind. This allows us to respond in a way that avoids drowning ourselves in our sorrows and getting swept away with negative reactions.

**Adapted from: The Mindfulness Self-Compassion Workbook**  
**Written by: Kristin Neff, PhD and Christopher Germer, PhD**