

Self-Compassion and Acceptance



What did you say to yourself internally when you became distracted?

Would you speak to a friend the way you spoke to yourself during a difficult moment in meditation?



What were you expecting yourself to experience, and what happened when reality didn't match that expectation?

What did you find difficult to accept during the meditation?



What could you allow to be unfinished, uncomfortable, or unclear without immediately trying to fix it?

