

KRISTIN
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the Yin and Yang of Self-Compassion

*Cultivating
Kindness
and Strength
in the Face
of Difficulty*



SESSION ONE: EXPLORING THE YIN AND YANG OF SELF-COMPASSION

1. Introduction to Session One
2. Self-compassion from study to practice
3. What is self-compassion?
4. The yin and yang of self-compassion
5. Yang self-compassion: protecting, providing, and motivating
6. Gestures of yin and yang self-compassion
7. Near enemies of yang self-compassion
8. Self-compassion research
9. The need for both yin and yang self-compassion

SESSION TWO: PRACTICING SELF-COMPASSION BREAKS

10. Introduction to Session Two
11. Introducing the self-compassion break
12. Guided Practice: Yin Self-Compassion Break
13. Guided Practice: Yang Self-Compassion Break for Protection
14. Guided Practice: Yang Self-Compassion Break for Providing
15. Guided Practice: Yang Self-Compassion Break for Motivation
16. Guided Practice: Balancing Yin and Yang Energy

SESSION THREE: PRACTICES TO DEVELOP THE YIN AND YANG ENERGIES OF SELF-COMPASSION

17. Introduction to Session Three
18. Using mindfulness and yin self-compassion to hold difficult emotions
19. Guided Practice: Working with Difficult Emotions
20. Protective yang self-compassion and embracing anger
21. Guided Practice: Working with Anger
22. Giving ourselves what we need with providing yang self-compassion
23. Guided Writing Practice: Discovering Our Core Values
24. Making changes with motivating yang self-compassion
25. Guided Writing Practice: Motivating Ourselves with Compassion
26. Paying it forward