**What Works for Me?**

We have learned a wide variety of practices that can be used to strengthen the habit of responding compassionately to emotional distress. What practices or exercises appeal to you the most?

Core Meditations

1. Affectionate Breathing \_\_\_\_\_\_\_\_

2. Loving-Kindness for Ourselves \_\_\_\_\_\_\_\_

3. Giving and Receiving Compassion \_\_\_\_\_\_\_\_

Other Meditations

1. Loving-Kindness for a Loved One \_\_\_\_\_\_\_\_

2. Compassionate Body Scan \_\_\_\_\_\_\_\_

3. Fierce Self-Compassion \_\_\_\_\_\_\_\_

4. Compassionate Friend \_\_\_\_\_\_\_\_

5. Compassion for Self and Others \_\_\_\_\_\_\_\_

Informal Practices

1. Soothing Touch \_\_\_\_\_\_\_\_

2. Self-Compassion Break \_\_\_\_\_\_\_\_

3. Soles of the Feet \_\_\_\_\_\_\_\_

4. Mindfulness in Daily Life \_\_\_\_\_\_\_\_

5. Self-Compassion in Daily Life \_\_\_\_\_\_\_\_

6. Finding Loving-Kindness Phrases \_\_\_\_\_\_\_\_

7. Compassionate Letter to Myself \_\_\_\_\_\_\_\_

8. Compassionate Listening \_\_\_\_\_\_\_\_

9. Sensing and Savoring \_\_\_\_\_\_\_\_

10. Compassionate Movement \_\_\_\_\_\_\_\_

11. Working with Difficult Emotions \_\_\_\_\_\_\_\_

12. Self-Compassion Break in Relationships \_\_\_\_\_\_\_\_

13. Compassion with Equanimity \_\_\_\_\_\_\_\_

14. Gratitude for Small Things \_\_\_\_\_\_\_\_

15. Appreciating our Good Qualities \_\_\_\_\_\_\_\_