

Self-Compassion Meditation Script

A practice for a specific difficulty the listener is carrying right now — naming it, recognising it as human, and asking what they'd offer a friend in the same position.

12 min · 5 segments

Twelve minutes, five segments. Unlike loving-kindness, this stays with one real difficulty rather than moving through recipients.

BEFORE YOU RECORD

- Warm but not soothing — this asks the listener to look directly at something difficult, and a honeyed voice makes it feel like it's being smoothed over.
- Segment three is the pivot. Slow down there and mean it; rushing the “others feel this too” line makes it sound like a platitude.
- Leave the pauses long enough that they actually answer the questions. Twenty-five seconds minimum after each one.

01. Bring one thing to mind

2 min

[steady and clear — the boundary in the last line is the safety rail, so say it without hedging]

This practice needs something specific. Not a general sense of being tired of yourself — one actual difficulty you're carrying at the moment.

A conversation that went badly. Something you're behind on. A way you've been talking to yourself this week. Choose one now, and choose one that's genuinely uncomfortable rather than the safest thing on the list. *[pause for 20 seconds]*

But not the hardest thing in your life. If what came to mind is a serious loss or a trauma, put it down and pick something smaller — this is a twelve-minute practice, not a place to open that. *[pause for 15 seconds]*

02. Where it sits

2 min 30

[physical and unhurried — naming the sensation is what stops it being an argument in the head]

Hold it in mind, and notice what the body does. This kind of thing almost always shows up somewhere physical. *[pause for 20 seconds]*

Tightness across the chest. Something heavy under the ribs. Heat in the face. A pulling in the stomach. Find where it is, and stay near it rather than in it. *[pause for 25 seconds]*

Now say to yourself, silently: this is hard. That's all. Not “this shouldn't be hard”, or “others have it worse”. Just — this is hard, and it is. *[pause for 25 seconds]*

03. Not only you

3 min

[the pivot of the whole script — slow right down; delivered quickly this sounds like a platitude and the listener will switch off]

Now something that sounds obvious and mostly isn't, when you're inside it.

Right now, at this exact moment, there are thousands of people carrying almost precisely this. The same worry about the same kind of thing. Not a vague idea of humanity — real people, today, feeling this specific flavour of it. *[pause for 30 seconds]*

The isolating part of self-criticism is the belief that this is a defect specific to you. It almost never is. It's usually just the human version of the situation you're in. *[pause for 25 seconds]*

Say it silently: other people feel this too. This is part of being a person, not evidence against me. *[pause for 25 seconds]*

04. What you'd say to a friend

3 min

[let the silence do the work here — the gap between the two voices is the insight, and naming it for them ruins it]

Now picture someone you're fond of sitting opposite you, telling you they're going through exactly this. Same situation, same mistake, same worry.

What would you actually say to them? Not the polite version — the real thing you'd say, in your own words. *[pause for 30 seconds]*

Notice the tone of it. Warmer than the one you've been using on yourself all week, almost certainly. Nobody thinks that's a coincidence, and nobody quite knows why we do it. *[pause for 25 seconds]*

Now say that same sentence to yourself. Silently, in the same tone you'd have used for them. It will feel false the first time. Say it anyway. *[pause for 35 seconds]*

05. Closing

1 min 30

[bring the voice back up; end without claiming the difficulty has changed, because it hasn't]

The situation is exactly as it was twelve minutes ago. Nothing about it has been solved.

What may have shifted slightly is who you've got in the room with you while you deal with it. Most people carry this stuff with a critic. You've just practised carrying it with someone kinder. *[pause for 15 seconds, then lift the voice]*

Take a fuller breath. Move your hands and feet. And when you're ready, open your eyes.

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