



Guilt and Self-Compassion Resources

June 2022

1. Psychology Today: [The Guilt of Living with Chronic Pain>>](#)
2. Self-compassion.org: [Definition and Three Elements of Self-Compassion>>](#)
3. Psychology Today: [The Many Benefits of Self-Compassion>>](#)
4. The Mighty: [9 Common Types of Guilt People with Chronic Illness Experience>>](#)
5. Psychology Today: [3 Things the Chronically Ill Wish Their Loved Ones Knew>>](#)
6. PainScale: [5 Tips For Managing Guilt Associated with Chronic Pain>>](#)
7. Mindful.org: [The Transformative Effects of Mindful Self-Compassion>>](#)

Ways to Cope:

1. Tara Brach: [RAIN – A Practice of Radical Compassion>>](#)
2. U of Rochester Medical Center: [5-4-3-2-1 Coping Technique for Anxiety>>](#)
3. Self-Compassion Dr K Neff: [Self -Compassion Guided Practices and Exercises>>](#)
4. Tara Brach: Meditation: [Radical Acceptance of Pain>>](#)
5. MindfulnessApps: [Meditations>>](#)