

## Abstract

Self-compassion meditation aims to cultivate self-directed compassion, and loving kindness meditation aims to direct compassion to the self and others. The present study aimed to extend the method of self-compassion meditation with visualization and compare the effects of both types of meditation with visualization on well-being. Sixty-four, fifty-nine and sixty participants were randomly assigned to loving kindness condition, self-compassion condition and control condition respectively. Participants were instructed to listen to a 20-minute audio that instructed them to direct love and kindness to oneself and others (loving kindness meditation condition), direct love to the self (self-compassion meditation condition) and visualize the facial features of others (self-compassion condition group). Results showed that after the 8-day practice, both loving kindness meditation and self-compassion meditation increased overall loving kindness, self-compassion, social connectedness, mindfulness, peace of mind and reduced negative affect and self-criticism, and loving kindness meditation significantly reduced hostility.

*Keywords:* self-compassion meditation, loving kindness meditation, well-being