

“SELF-COMPASSION MEANS
ACKNOWLEDGING THAT WE ARE
IMPERFECT HUMAN BEINGS DOING THE
BEST WE CAN AND TRYING TO BE KIND TO
OURSELVES IN THE PROCESS.”

Three Components of Self-Compassion

- 1. Self-kindness:** Using non-judgmental language like we would use with someone we care about. Offering ourselves support and kindness. (As compared to harsh, critical language and self-punishment.)
- 2. Common humanity:** Recognizing that suffering is a part of life and being human. Acknowledging that we all suffer, as it's part of the human condition. (As compared to feelings of isolation and assuming we are the only one who suffers.)
- 3. Mindfulness:** Identifying and acknowledging our emotions and suffering without judgment. Awareness of our situation and seeing it as it is—no more, no less. (As compared to over-identification with our emotions and feeling stuck in it. Also in contrast to trying to push difficult emotions away.)
 - Can't heal what we can't feel.
 - Suffering=pain X resistance

Based on the work of Kristine Neff, Ph.D. Go to www.self-compassion.org to take the self-compassion assessment, complete writing exercises, and listen to mindfulness-based exercises.



Self-Compassion Outcomes

- Self-compassion leads to better outcomes than trying to improve self-esteem, because self-esteem is tied to externals that wax and wane.
 - Decreased anxiety and depression, increased well-being, and better immune functioning.
- Self-compassion is *not* letting yourself “off the hook.”
 - It actually leads to increased motivation and productivity, because we are able to explore what gets in the way in a healthy manner. Would you motivate a friend or child by being cruel?
- Self-compassion is a skill, so you can improve. You probably are already compassionate to other people!

How to Practice Self-Compassion in Your Daily Life

When you have a moment of suffering or something doesn't go your way, use these statements to help you be mindful and kind to yourself. Then ask yourself the following questions.

-This is a moment of suffering. Suffering is a part of life. May I be kind to myself in this moment. May I give myself the compassion I need.

-What would I say to a good friend? How would I treat a friend?

-What would be the most self-compassionate thing I could do right now? What do I need right now?