

# SELF COMPASSION



- There is almost no one whom we treat as badly as ourselves.
- We must be smart and fit and fashionable and interesting and successful and sexy.
- Millions of people need to take pharmaceuticals every day just to cope with life.
- Insecurity, anxiety, and depression are incredibly common in our society mostly due to self-judgment.
- Step away from labeling ourselves as *good* or *bad*.
- Treat ourselves with the same kindness, caring, and compassion we would show a good friend or even a stranger.
- Research shows that self-compassion is a powerful way to achieve emotional well-being and contentment in our lives.
- Be warm and understanding toward ourselves when we suffer, fail, or feel inadequate rather than ignoring our pain or self-criticizing.
- Life difficulties and imperfection are inevitable, so it is important to be gentle and support oneself during these times.

## Three Elements of Self Compassion:

- Self-Kindness: be gentle and understanding with ourselves rather than harshly critical and judgmental.
- Common Humanity: feel connected with others in the experience of life rather than feeling isolated and alienated by our own suffering.
- Mindfulness: hold our experience in balanced awareness.

## Connecting with Our Inner Soother:

- We have an inner critic that can say mean and negative things about ourselves in a hostile way but we also have an *inner soother* (a compassionate part within us) that has the ability to soothe ourselves by saying accepting things in a warm and compassionate way
- *"I know you're trying to keep me safe, and to point out the ways that I need to improve, but your harsh criticism and judgment is not helping at all. Please stop being so critical, you are causing me unnecessary pain."*

## The Way Out:

- The best way to counteract self-criticism is to understand it, have compassion for it, and then replace it with a kinder response.
- It is important for us to see our psychological patterns clearly, and it's equally important that we do not judge ourselves for them.
- Recognize that everyone has times when they blow it and treat ourselves kindly.
- Going with the flow of life and using self-compassion to support ourselves through turbulent times.
- Changing critical self-talk is one of the most important ways we can be kind to ourselves.
- Re-frame our inner dialogue to express empathy for our basic human needs.
- Validate and listen to what you really need in the moment and express empathy rather than condemnation.