
SELF COMPASSION

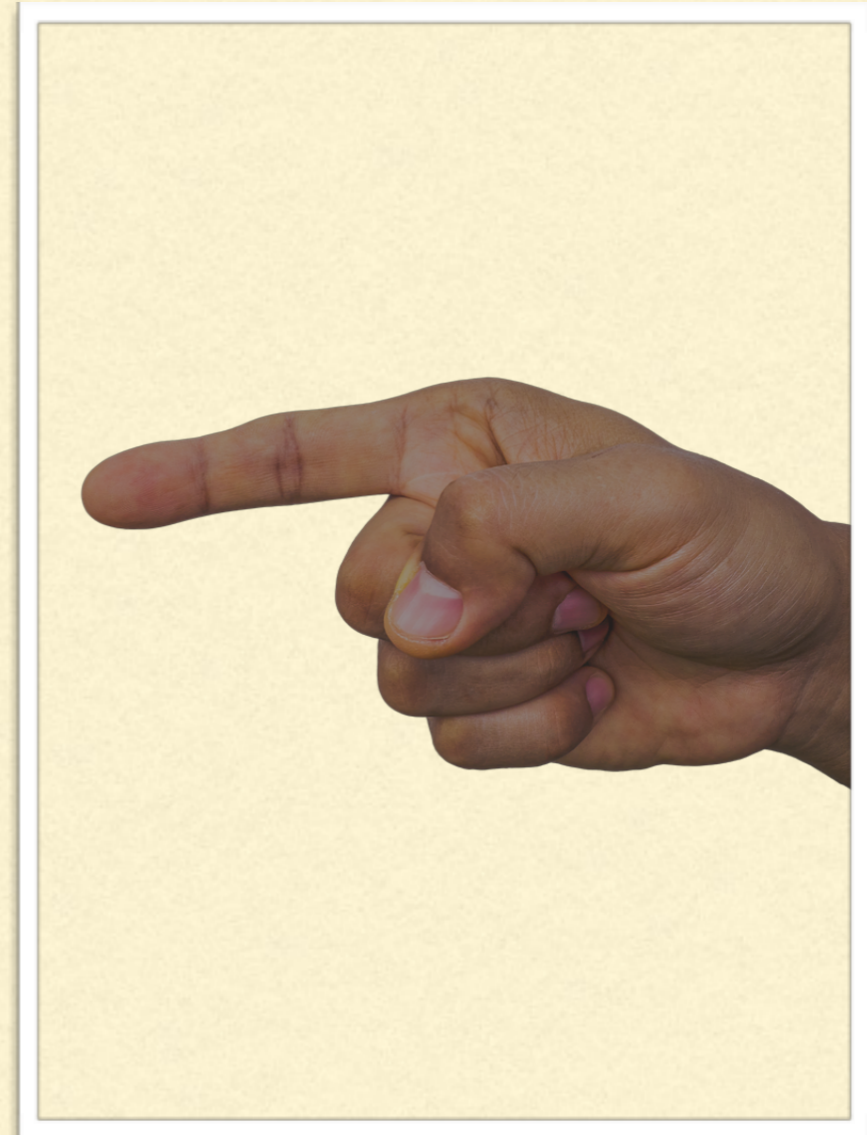
A kinder/gentler relationship

COMPASSION DEFINED

Concern for the alleviation of suffering of sentient beings.

Why the Need for Self Compassion

- **Our childhood may not have nurtured self-compassion or was void of examples of compassionate responses. We were criticized or ridiculed.**
- **Our culture is competitive. The constant message is; I need to strive, to achieve, to be self-critical, or I need the right position, I need to be recognized, I need status, the right house, car, clothes, body shape, degree...**
- **We habitually say things about ourselves that we would never say to a friend or family member; negative global self-assessments...I am bad, I am selfish, I am a loser, I am a failure**



We have forgotten **Whose's** we are.

Self-Compassion has Three Components

Mindfulness

By being mindful, we see things as they are, unexaggerated . It helps us to discern-discriminating wisdom from harsh self-judgment.

- Pausing to notice suffering, becoming aware of the pain**
 - Becoming alert to habitual critical self-talk**
 - Noticing avoidance or minimizing**
 - Accepting, without judgment, the current state**
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Self-Compassion has Three Components

Common Humanity

- **Our shared human experience is to be imperfect.**
 - **We see our failing as an abnormality.**
 - **We believe that our imperfection is what separates/isolates us from others.**
 - **What does this sound like? "Everybody makes mistakes." "Nobody is perfect." "You're not alone." "Everybody struggles at times" "We all experience pain."**
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Self-Compassion has Three Components

Kindness

- **Treating ourselves like we would a good friend**
 - **Tangible, sincere, kindness and forgiveness**
 - **An embrace, understanding/kind words, and comforting actions**
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Possible Objections

Why I'm reluctant to be kind to myself.

I believe I need to be self-critical to stay motivated.

Self-criticism does not motivate us.

It taps into our fight or flight mechanism.

Cortisol levels go up and our reptilian reaction is that we defend and attack.....ourselves!

We are both the attacker and the attacked!

“The curious paradox is that when I accept myself as I am, then I can change.”

-Carl Rogers

I confuse self-compassion with self-pity

Compassion is not self-pity.

Self-pity says poor me, and is egocentric. Self-pity says, “why is this happening to me.”

Self Compassion says, “It’s not just me, it’s hard for all of us.” It’s a much more connected way of relating to yourself.

Self-compassion is not self-indulgence.

I confuse compassion with “Making Excuses” or
“Blowing things off” or “Taking the easy way”

If I am self-compassionate, it is safer for me to look at how I have messed-up, it is easier to take responsibility.

Perceived competence is nurtured by self-compassion.
Reluctance to risk failure is nurtured by self-criticism.

Summary

Mindfulness vs. Over-identification

Self-Kindness vs. Self-Judgment

Common Humanity vs. Isolation
