



Self-compassion

Self compassion isn't very common now-a-days!

- For the majority of the population, it is difficult to cope with not being the best because we all want to be better than average
- We habitually tend to put others down to inflate our own egos
- We often attribute our own flaws and shortcomings to people
- As a society, we ALL feel that we must all be smart, fit, fashionable, interesting, successful and sexy at the same time at an above-average level

The Price We Pay when we focus on our shortcomings:

- We are too hard on ourselves
- We can lose faith in ourselves

A lack of self-compassion can cause insecurity, anxiety, and depression

Another way to live

Self compassion – having unconditional love for oneself and accepting ones self just as you are.

What Self-Compassion Look Like:

- Motivating ones self to take action in difficult time
- Reassuring oneself things will be ok
- Practicing kindness to ones self instead of judgment
- Looking at 'failures' as 'lessons' that can make one stronger
- Forgiving ones self for mistakes
- Having no regrets but seeing oneself as always learning and doing the best one can
- Recognizing that making mistakes and experiencing setbacks is a fact of life
- Giving ones self the same courtesy and level of importance that one gives others
- Giving ones problems the same priority as others' problems
- Recognize that one needs connection and understanding
- Knowing that isolating oneself will only lead to a destructive pattern of fear, negativity, and isolation



Self-Compassion Assessment

Under what circumstances do you normally criticize yourself? How does your criticism make you feel?

What kind of words or phrases do you use toward yourself? What does it feel like when you are nice to yourself?

If you fully loved and accepted yourself as you are, how do you think you would feel?

Practicing Self Compassion

Now that you're familiar with self compassion, it's time to put it into practice.

Take note of the times where you felt you needed self compassion, the times you showed yourself compassion, the times you didn't show yourself compassion, and the results. See the examples below to get you started.

Examples:

1. Today, I was embarrassed when _____ because _____. I showed myself compassion because _____. I showed myself compassion by _____. As a result, I felt _____.
2. Today, I was mad at myself because _____. I didn't practice self compassion because _____. Instead, I _____. As a result, I felt _____.
3. Today, I needed self compassion because _____. I did _____ to show myself compassion. As a result, I felt _____.



Note: These are simply examples, you can choose to structure your entries in a way that works best for you. Add any additional details as required, but try to keep each entry to one page or less.