

Discovering self-compassion

Historic tendencies

- For the majority of the population, it is difficult to cope with not being the top, because we all want to be better than average
- We habitually tend to put others down in order to inflate our own egos
- We typically project our own flaws and shortcomings on to other people

The cost of self-judgment

- When we admit to our shortcomings:
 - We are often much too hard on ourselves
 - We tend to lose faith in ourselves
- Self-judgment can cause insecurity, anxiety, and depression
- As a society, we feel that we must all be smart, fit, fashionable, interesting, successful and sexy at the same time at an above average level

Another way to treat yourself

- Self-compassion provides the same benefits as high self-esteem without its drawbacks
- Compassion is the same whether we direct it to ourselves or to others
- Instead of relying on relationships to meet all our needs for love, acceptance, and security, we can provide some of those feelings ourselves
- Decrease frequency of labeling things and attributes as good or bad
- In order to feel compassion for yourself, you must be able to be compassionate to others

Compassion for ourselves

- Requires recognizing our own suffering
- Making mistakes is a fact of life
- Being self-compassionate is wanting health and well-being for oneself, which leads to proactive behaviour to better one's situation
- Gives our own problems the same priority as other's problems
- By giving yourself unconditional kindness and comfort while embracing the human experience, we avoid destructive patterns of fear, negativity, and isolation