

Self-Compassion



SELF - COMPASSION

“The ability and practice of holding yourself amidst failure, disappointment, and suffering of any kind, and in the face of these life contractions, to still be able to offer myself love and kindness.”



WHAT IS

SELF - COMPASSION

Self-compassion is a psychological concept centered on treating oneself with the same kindness and understanding that one would offer to a close friend. It encompasses three key elements: self-kindness, which involves being nurturing and forgiving rather than self-critical; a recognition of common humanity, acknowledging that suffering and imperfection are universal; and mindfulness, which entails being aware of one's emotions without judgment. Developed and researched by Dr. Kristin Neff, self-compassion has been associated with numerous mental health benefits, such as reduced stress, anxiety, and depression, and increased emotional well-being and resilience. It is a valuable practice for individuals prone to self-criticism, perfectionism, or self-esteem issues, as it encourages a more supportive and balanced approach to personal challenges and emotional growth.



SELF-KINDNESS

This involves being warm and understanding toward oneself rather than being overly critical or self-critical. Instead of harsh self-judgment, individuals with self-compassion are forgiving and nurturing to themselves.



MINDFULNESS

Being aware of one's own emotions, thoughts, and experiences without suppressing or exaggerating them. Mindfulness allows individuals to approach their difficulties with clarity and a balanced perspective.



COMMON HUMANITY


Recognizing that suffering, failure, and imperfection are part of the human experience. People with self-compassion understand that they are not alone in their struggles and that others face similar challenges.

SELF CRITICISM

WHAT IS THE OPPOSITE OF SELF - COMPASSION?

The opposite of self-compassion is self-criticism or self-condemnation. Self-compassion involves treating oneself with kindness, understanding, and forgiveness, especially in moments of difficulty or failure. It is about being as supportive and caring toward yourself as you would be to a friend in a similar situation. On the other hand, self-criticism involves being harsh, judgmental, and unforgiving toward oneself, often magnifying one's faults or mistakes. It can lead to negative self-esteem, increased stress, and a lack of emotional well-being.

“ Criticism does not make you smarter or better than the one you are criticizing. In fact, the stuff you are critical of in others is the same stuff you don't like about yourself. ”



It's important to note that some level of self-criticism can be constructive when it helps individuals identify areas for self-improvement or personal growth. However, when self-criticism becomes relentless and overly punitive, it can have detrimental effects on one's mental and emotional well-being. Balancing self-criticism with self-compassion and a healthy sense of self-worth is essential for overall psychological health.



CARE IN SELF COMPASSION

Self-compassion involves extending care and kindness to oneself in the same way one would to a friend or loved one. It includes treating yourself with the same level of understanding, patience, and support that you would offer to someone you care about when they are going through a difficult time or facing challenges.

**C**

COMPASSION:

This represents the core concept of being compassionate and kind to yourself.

**A**

ACCEPTANCE:

Embrace yourself and your experiences with understanding and acceptance.

**R**

RESILIENCE:


Develop emotional resilience by treating yourself kindly in the face of challenges.

**E**

EMPATHY:

Cultivate self-empathy, which means understanding and feeling for your own struggles and suffering.





OF SELF COMPASSION

A "self-compassion wheel" is not a standard or widely recognized concept within the field of self-compassion. Self-compassion is typically described and practiced through various elements and principles like self-kindness, common humanity, and mindfulness, as developed by Dr. Kristin Neff, a prominent researcher in the field of self-compassion.

1. Self-Kindness:

Treat yourself with the same warmth and understanding that you would offer to a friend in times of difficulty or suffering.

2. Common Humanity:

Recognize that you are not alone in your struggles and that suffering is a universal part of the human experience.

3. Mindfulness:

Approach your thoughts and emotions with non-judgmental awareness, allowing you to observe and accept them without excessive self-criticism.



4. Self-Validation:

Validate your own feelings and experiences, acknowledging that your suffering is real and worthy of compassion.

5. SELF-SUPPORT:

Provide yourself with the support and care that you need to navigate life's challenges and difficulties.