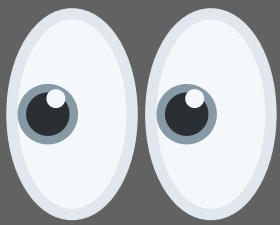


Self-Compassion

ASKING WHAT IS GOOD FOR ME?

Self-compassion is unlike self-criticism. Rather than asking am I good enough? Self-compassion asks, what is good for me? Befriending ourselves is a life long journey. There is not a point when we arrive. It's a daily practice. Continually being present, with what is happening now. We all need kindness.

LOOKS LIKE *Present moment awareness*



Mindfulness

Stay in the present moment. Make space for the thought, emotion, sensation.

Yin and Yang: balance vulnerability (yin) with protection (yang).

Clear Boundaries: Try our best with unconditional self-acceptance. Authentic.

SOUNDS LIKE *We're human; in this together*



Common Humanity

Internal tone of voice. Nobody is perfect. We all suffer. We're all vulnerable. What do I need right now? Is this good for me? Am I happy? Learn from our mistakes. What's working and what's not? I see where I am now and I see where I could be.

FEELS LIKE *A compassionate mess*



Kindness

What would I say to a good friend who is struggling with the exact same thing?

Safety: challenge ourselves and also honor our limits. Feel cared for.

Compassion: suffer with. Alleviate suffering.

Fulfilled balanced authenticity.
Kindness, love, seeing clearly.
Empowerment, coping.
Comforts, soothes, protects.

Sources:

Kristen Neff, Ph.D

www.self-compassion.org

