

# Self-Compassion

## WE ALL NEED KINDNESS

Self-compassion is unlike self-criticism. Self-criticism asks, "*Am I good enough?*" Self-compassion asks, "*What is good for me?*"

Befriending ourselves is a life-long journey.

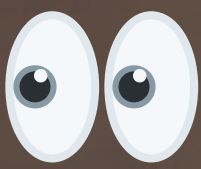
There is not a point when we arrive.

It takes *daily practice*, continually being *present* with what is happening now.

---

### LOOKS LIKE

*Present moment awareness*



#### **Mindfulness**

Being aware of what is happening in the present moment. Not worrying about the past or future, just being present with what is. Noticing our thoughts, emotions, and physical sensations, without judgement.

---

### SOUNDS LIKE

*We're human; in this together*



#### **Common Humanity**

To be human is to experience suffering. Common humanity helps us notice when our internal voice says, "There must be something wrong with me, I'm the only one who feels this way." In reality, we all struggle, nobody is perfect, & failure is a part of learning. We're not alone in our suffering.

---

### FEELS LIKE

*Safe, nurtured, cared for*



#### **Kindness**

Compassion means to "suffer with". Being kind to ourselves is giving ourselves the same treatment we would offer a friend. What would I say to a good friend who is struggling in the same way? We can challenge ourselves and honor our limits.

---

**Instead of just ignoring our pain with a "stiff upper lip" mentality, we stop to tell ourselves, "*this is really difficult right now,*" how can I comfort & care for myself in this moment?**

Sources:

Kristen Neff, Ph.D

[www.self-compassion.org](http://www.self-compassion.org)

