

# FIERCE SELF-COMPASSION

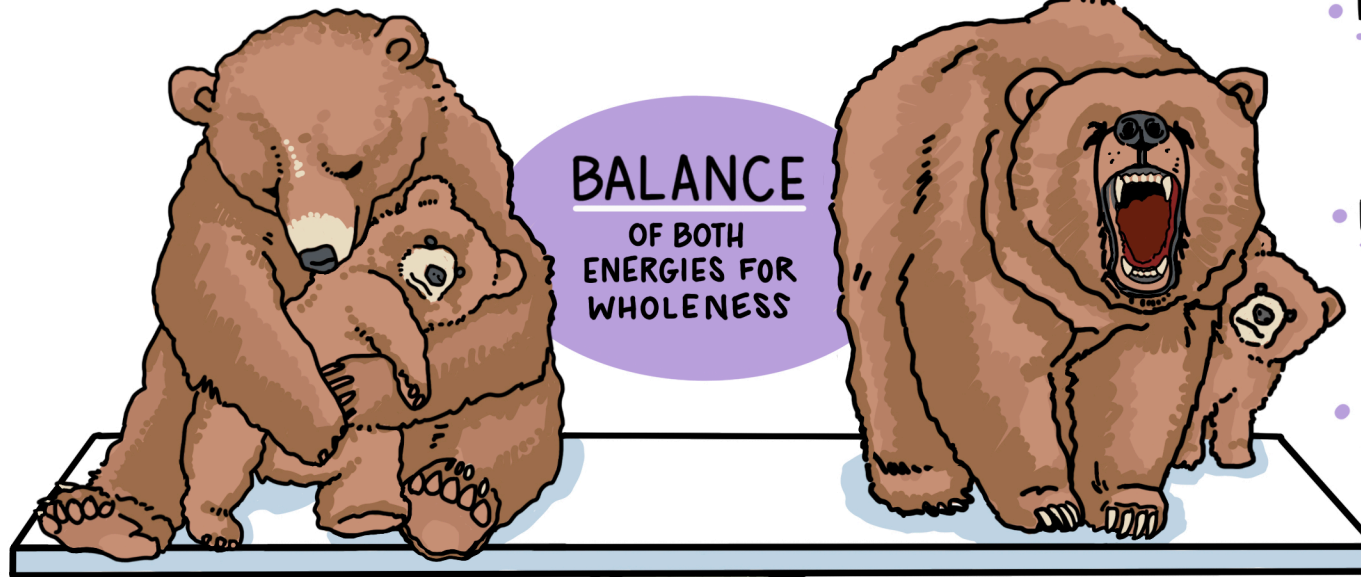
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## TENDER SELF-COMPASSION

ACCEPTING OURSELVES  
TO ALLEVIATE SUFFERING

## FIERCE SELF-COMPASSION

TAKING ACTION  
TO ALLEVIATE SUFFERING



BALANCE  
OF BOTH  
ENERGIES FOR  
WHOLENESS

INNER HEALING

TENDER

OUTER CHANGE

FIERCE

together

CREATES A

CARING FORCE

ALLOWING US TO

THRIVE

• PROTECTING DRAWING  
BOUNDARIES

AND SAYING **NO**

• PROVIDING AND SAYING **YES**  
TO OUR NEEDS

• MOTIVATING TO LEARN,  
GROW AND  
CHANGE  
THE WORLD

OUR  
AUTHENTIC SELF

CLAIMS BOTH OUR  
TENDER & FIERCE SIDES  
COUNTERING THE  
GENDER ROLE  
SOCIALIZATION  
WE HAVE ALL BEEN  
STEEPED IN



NO

YES

