

Introduction to Self-Compassion Session

Hosted by the Self-Compassion Community

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The Three Components of Self-Compassion

- Mindfulness
 - Allows us to “be” with painful feelings as they are
 - Avoids extremes of suppressing or running away with painful feelings
- Self-Kindness
 - Treating self with care and understanding rather than harsh judgment
 - Desire to alleviate suffering
- Common humanity
 - Seeing own experience as part of larger human experience, not isolating or abnormal
 - Recognizing that life is imperfect (us too!)
 - All suffering is not the same, but all human suffering is worthy of compassion

Tender and Fierce Self-Compassion

- Tender aspect of self-compassion
 - “Being with” our suffering: comforting, soothing, validating
- Fierce aspect of self-compassion
 - “Acting in the world”: protecting, providing, and motivating
- Tender and fierce self-compassion must be balanced and integrated for wellbeing

Self-compassion Linked to Wellbeing

- Reductions in depression/anxiety, stress, perfectionism, shame, anxiety, suicidal ideation, addiction, PTSD, disordered eating, negative body image
- Increases: Life satisfaction, happiness, optimism, creativity, gratitude, intuitive eating, body appreciation, sleep quality, physical health

Myths about self-compassion

- *It's weak*: More strength and resilience in challenging circumstances
- *It's selfish*: Less self-focus and more giving relationship behavior
- *It's self-indulgent*: Healthier behaviors, more personal responsibility
- *It undermines motivation*: Increases motivation and persistence, creates learning and growth orientation, and reduces fear of failure

Tips for Increasing Self-Compassion

- Speak to yourself like a friend
- Take self-compassion breaks
- Ask: “What do I need?”
- Be patient with the process

Next steps at self-compassion.org

- Take the [self-compassion test](#)
 - Listen to [guided practices](#)
 - Sign up for [Dr. Neff's newsletter](#)
 - Join the [Self-Compassion Community](#)
- Free 2 week trial use code: **TrySCCtoday**

Neff, K. D. (2023). *Self-Compassion: Theory, Method, Research, and Intervention*. *Annual Review of Psychology*, 74:193-217. [PDF](#)

Click [here](#) to revisit the *General Self-Compassion Break* you tried during the session. These recordings are available to you (for replay or download) free of charge.