

# Three Components of Self-Compassion



# Mindfulness

- Allows us to “be” with painful feelings as they are
- Avoiding extremes of suppressing or running away with painful feelings





# Common Humanity

- Seeing own experience as part of larger human experience
- Recognizing that life is imperfect (us too!)
- All suffering is unique, but all humans worthy of compassion







# Self Kindness

- Treating self with care and understanding rather than harsh judgment
- Desire to alleviate suffering





# TENDER

SELF-COMPASSION



# FIERCE

SELF-COMPASSION



Accepting  
Ourselves



Taking  
Action



Self-Compassion  
Dr. Kristin Neff



# Self-Compassion Linked to Well-Being

## Reductions in:

- Depression/anxiety
- Stress
- Perfectionism
- Shame
- Suicidal ideation
- Addiction
- PTSD
- Disordered eating
- Negative body image

## Increases in:

- 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





# Self-Compassion Break





# 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





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

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