

Self-Compassion

Self-compassion is a critical component of self-esteem. Self-compassion is the act of being gentle with yourself, accepting that you are not perfect, and seeing mistakes as opportunities for growth. Negative self-talk can often be harsh and unkind: We tell ourselves things we would NEVER say to a friend. Time to be your own friend!



Laying the Groundwork for Self-Compassion

Mistakes are part of growth. Everyone makes mistakes, this is how we grow.

Forgiveness is a choice. Punishing yourself doesn't change the mistake, it only impairs your ability to learn, make amends, and move on.

Perfection isn't possible. Everyone has limitations; accepting your limitations is part of accepting yourself.

Journal Question: Whose voice is it anyway? Is your inner critic you or have you taken on someone else's criticisms?

Fostering Self-Compassion

Daily Gratitude. How we think can be habitual. Practicing gratitude can alter the patterns of how we think and increase happiness.

Mindfulness. Mindfulness is being present in the moment rather than focused on the past or the future. While practicing mindfulness think of yourself as a non-judgemental observer of the moment. Acknowledge your feelings and thoughts without attaching to them.

Know your Strengths. Make a list of your strengths and remind yourself of them often. Don't know your strengths? Start here: <https://www.viacharacter.org/>

Self-Compassion Break

Acknowledge the Moment

Call to mind a situation is stressful or difficult for you. Now take a moment to acknowledge this difficulty.

Examples:

This is really stressful

This hurts

This is a moment of suffering

Acknowledge your Shared Humanity

Remind yourself that you are not alone and that suffering is part of life.

Examples:

Other people feel this way

I am not alone

Everyone makes mistakes

Write your Own:

Be a Friend to Yourself

What would you say to a friend who came to you and said they were struggling? Put your hand on your heart and say those things to yourself.

Examples:

You tried your hardest

You are not alone

I love you

Write your Own:

