



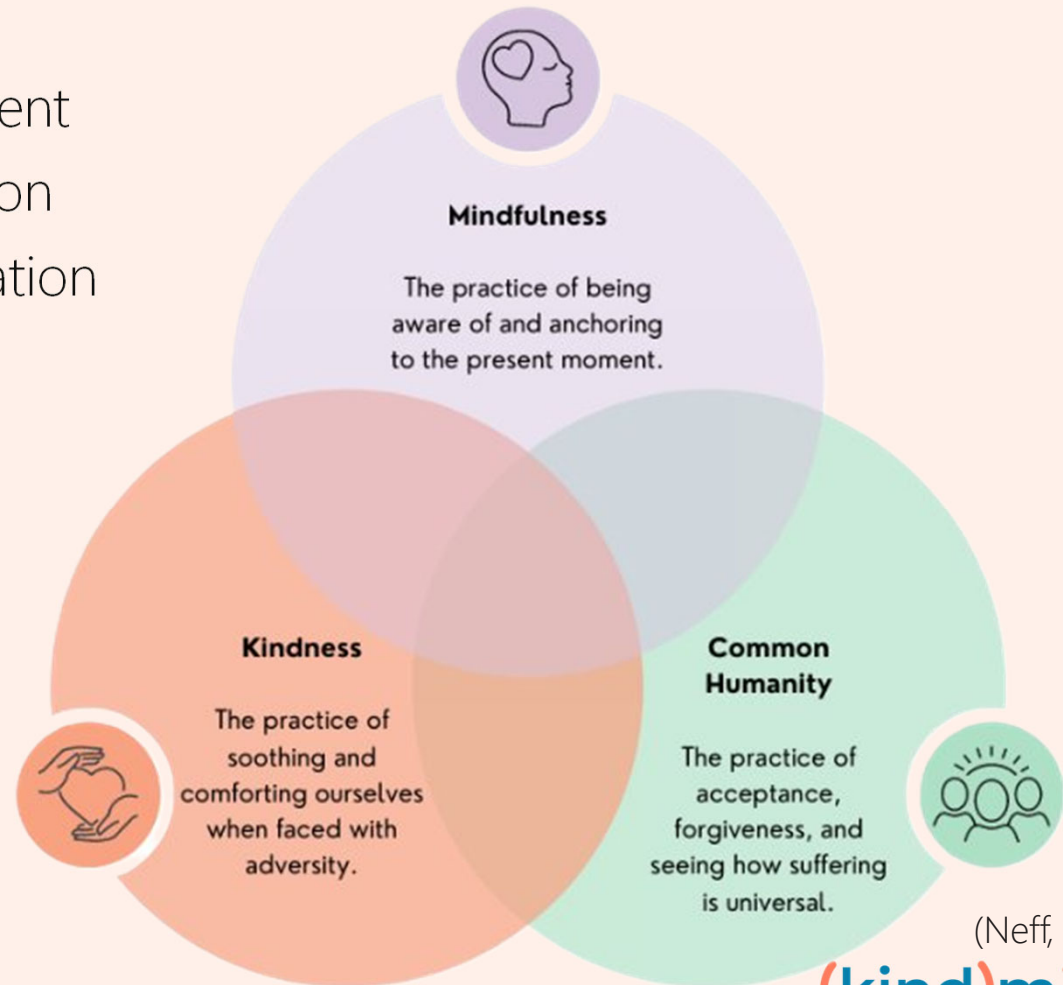
Compassion: *"the sensitivity to suffering in self and others, with a commitment to try to alleviate and prevent it"* (Gilbert, 2014)

What is Self-Compassion?

"Treating ourselves with the same kindness and understanding as we would treat a dear friend when things go wrong." - Chris Germer

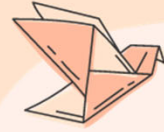
Three Components of Self-Compassion

- Self-kindness versus Self-judgement
- Common humanity versus Isolation
- Mindfulness versus Overidentification



(Neff, 2003)

(kind)mind



Self-Check

Scan the QR code to do a quick self-compassion test!



Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250.

Self-Compassion Break (adapted from Dr Kristin Neff)

<https://self-compassion.org/exercises/exercise-2-self-compassion-break/>

Step 1: Mindfulness

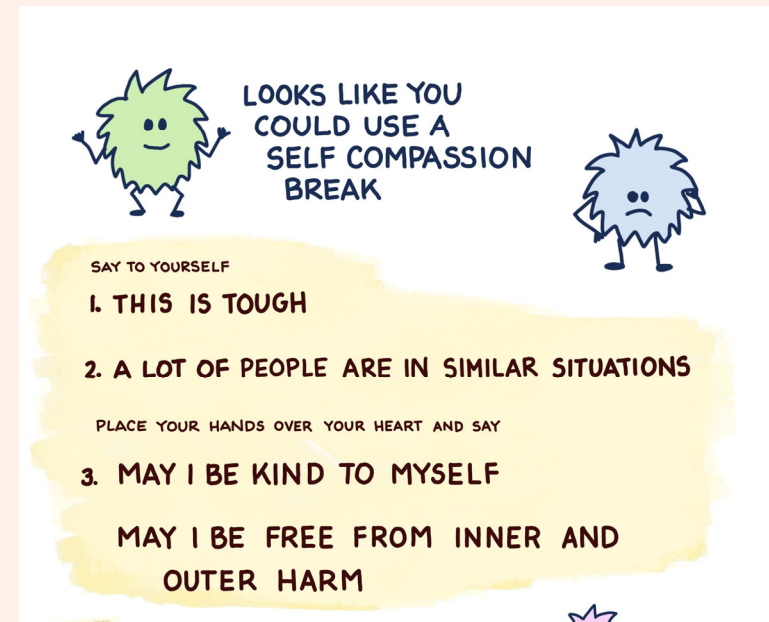
"This is a moment of suffering"

Step 2: Common Humanity

"Suffering is a part of life"

Step 3: Self-Kindness

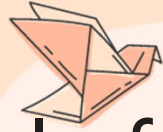
"May I be kind to myself"



"Self-compassion is like shining a light on our experience."

Self-Compassion essentially asks...

1. *What do I need?*
 - To feel safe
 - To feel comforted, soothed, validated
 - To protect, provide for, motivate myself?
2. *How do I care for myself already? What works for me? What can I do at this moment?*
3. *How would I treat a dear friend in this same situation?*



Self-help tools for home practice

Links to tools:

1. <https://self-compassion.org/exercises/exercise-3-exploring-self-compassion-through-writing/>
2. <https://modlab.yale.edu/sites/default/files/files/SelfSoothing.pdf>
3. <https://chrisgermer.com/wp-content/uploads/2020/11/Self-Compassion-in-Daily-Life.pdf>
4. <https://insighttimer.com/sharonsalzberg/guided-meditations/lovingkindness-meditation>
5. <https://youtu.be/-kfUE41-JFw?si=PjiD1XIPHxxJfyrA>
6. <https://self-compassion.org/exercises/exercise-5-changing-your-critical-self-talk/>
7. https://soundcloud.com/dennis-tirch-phd/compassionate-self-imagery?in=cfcft-meditationsz/sets/mindfulness-meditations&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing
8. <https://self-compassion.org/exercises/exercise-4-supportive-touch/>

[Write a self-compassion letter](#)

[Do a self-soothing activity](#)

[Self-compassion in daily life](#)

[Guided Loving Kindness Meditation](#)



[Watch a video on self-compassion](#)

[Shift your inner critic/ negative self talk](#)

[Compassionate Imagery exercise](#)

[Supportive Touch Exercise](#)