

# Self-compassion.

## Self-compassion is one strategy to building internal resources to better manage stress.

Self-compassion (attitude to yourself, or way of viewing yourself) involves:

- **Accepting who we are**, what is happening/has happened to us, and how we feel about it. It involves taking these things on board, rather than going into denial or running away from them
- **Seeing oneself as similar** to all other people in that, like everyone, we are not perfect, we have weaknesses, and we make mistakes
- **Being kind to ourselves** – caring, soothing, supporting, cherishing, and forgiving ourselves.

*Use the following list of statements to decide if it is an example of self-compassion, and IF NOT, state the corresponding self-compassion example.*

When you are going to the list, take a moment to see if you say similar things to yourself, and evaluate your level of self-compassion

Everyone makes mistakes – not just me.

I did a bad job – I could kick myself. I should have done better.

It is too upsetting – I don't want to know about it.

It is only human to feel this way. That's life, it is normal.

I am a stupid idiot.

It is normal to feel disappointed with yourself sometimes.

I am always messing up.

I am just learning, so I am not going to get it right first time.

## How self-compassionate are you?

If you find yourself saying more of the statements that are not self-compassionate, you might need to work on your self-compassion. To do this:

- Ask yourself if you would speak to a GOOD friend in the same way
- Don't over-personalise or over-generalise
- Practice positive self-talk, acceptance, kindness and normalisation

Treat yourself as you would treat a very good friend.