

Self-Compassion vs. Self Esteem

SELF ESTEEM ...

is a positive evaluation

requires judgment

is contingent

SELF COMPASSION ...

is a way of relating

requires acceptance

is always there for you

Three Core Elements of Self-Compassion

1. SELF KINDNESS

From habitual self-scolding or berating, we shift to support and encouragement. We offer ourselves unconditional acceptance.

2. COMMON HUMANITY

From feeling isolated and alone, we shift to a sense of interconnectedness. We recognize that all humans face challenges like we do.

3. MINDFULNESS

From feeling stuck and reactive, we pause and relate to whatever arises with compassion (kindness) for ourselves no matter the situation.

My Self-Compassion Plan

🧑 BODY PRACTICES (SOOTHING TOUCH & GENTLE VOCALIZATIONS)

MY PLAN:

♥ HEART PRACTICES (LABEL YOUR EMOTIONS & SOFTEN YOUR HEART)

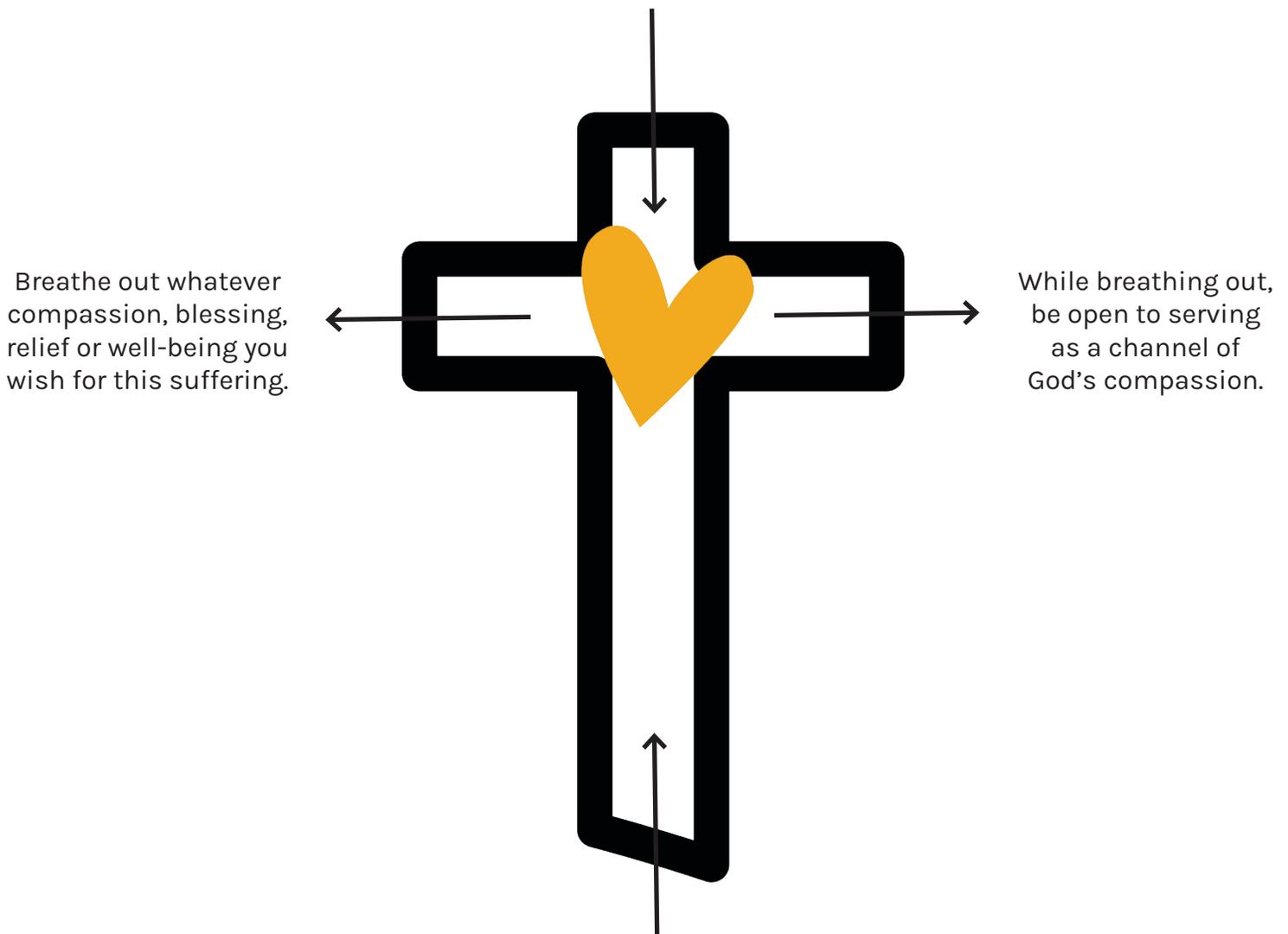
MY PLAN:

🗣 MIND PRACTICES (GO-TO PHRASES OF SUPPORT)

MY PLAN:

Self-Compassion Spiritual Practices ( ON THE SECOND BREATH APP UNDER )**1. ACTIVATING COMPASSION (CROSS BREATHING)**

While breathing in, gently allow an awareness of the broader context of human vulnerability and pain touch your heart. Breathe in your awareness (and God's awareness) of the many others who share this suffering.



Self-Compassion Spiritual Practices ( ON THE SECOND BREATH APP UNDER )**2. BASIC SELF-COMPASSION PRACTICE**

Begin with getting grounded in your body. You may want to put your hand on your heart for a moment and with this touch simply sense your embodiment.

Allow your belly to become soft and your breathing to become steady.

Think of a situation that is causing you stress. Visualize this situation clearly in your mind's eye. What is the setting? Who is saying what to whom? What are you saying to yourself?

1. Become aware of your reaction and your tendency to be harsh with yourself—pause and remind yourself that you are in pain right now.

First say to yourself: “This is a moment of struggle/discomfort/suffering for me.” You are pausing and catching yourself beginning to self-judge or react. You are pausing to relate to what is happening, but differently. You are acknowledging that this is hard right now. This moment of challenge needs your awareness—your kind attention. (This is building your resiliency—your ability to deal with and recover from difficulty.) Be present to this situation and allow yourself to see/experience this as a point of pain or suffering for you.

2. Remind yourself that imperfection is part of the shared human experience—you are not alone—people all over the world experience this same difficulty.

Now say to yourself: “Struggling is a part of life” Or, “I am not alone. Many people struggle in this way.” Sense your connection to all others who have this kind of challenge or suffering in their life right now—you are not isolated in your dilemma. You are part of the whole human family. Take a moment to allow yourself to release your sense of isolation and allow yourself to feel connected to others through this common experience of being human.

3. Be kind and supportive to yourself because this is difficult.

Now offer yourself a soothing touch of kindness/compassion. Say to yourself something supremely kind, in a very loving voice (like you would speak to your best friend) using your name—or a beloved nickname you have or an endearment: “Darling, be kind to yourself. You are full of goodness and grace no matter what is happening.” Allow yourself to sincerely send warmth and kindness to yourself. You may want to say: “[Your Name,] I love you.” Stay with yourself in this way—whispering tenderness to your self—who is in pain.

Go back to your breathing. Breathe in love inside. Breathe out any bit of staleness.

Continue to sit breathing in love and out staleness for as long as you'd like. Hear these words from God to you: “You are my beloved in whom I am well-pleased!”