



EXPLORING THE ELEMENTS OF SELF-COMPASSION

WRITTEN BY: SAMIYRAH BENNETT, LCSW



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Self-Compassion is thought to be a powerful way to improve our own wellbeing. Just as we can show compassion to others who we view to experience inadequacy, pain or suffering we should be able to display the same care to ourselves.



THREE ELEMENTS TO BEING SELF-COMPASSIONATE:

1. Self-Kindness vs. Self-Judgment

Being kind to yourself includes, developing an understanding towards yourself. Really exploring the many ways you are with loving compassion. It's particularly important to be kind to self when we are experiencing suffering or feelings of inadequacies. In being kind to ourselves, there is not only recognition but acceptance that part of life involves negative experiences. Rather than judgment for our thoughts, feelings and behaviors, this element of self-compassion allows you to practice gentleness and understanding with yourself. Bring special attention to the fact that you are a human being that is having a human experience.

*May you begin to be kind
to yourself and give yourself
what you need.*



THREE ELEMENTS TO BEING SELF-COMPASSIONATE:

2. Common Humanity vs. Isolation

Common humanity emphasizes on the fact that you are not alone. Understanding that suffering at times and experiencing inadequacies is universal. Again, part of the human experience. It is not an isolated event that is personalized to you. Suffering is a human-kind experience and essentially it is what connects us all. To be human means to encounter frustrations and to have an understanding that losses will occur. It also means that you will make mistakes, fall short of your goals at times and face limitations. Exploring what it would look like to treat yourself with kindness and compassion is incredibly important.

*May you intentionally embrace
that you are a human being
having a human experience.*



THREE ELEMENTS TO BEING SELF-COMPASSIONATE:

3. Mindfulness vs. Over identification

Instead of ignoring the pain or creating an exaggerated assessment of the experience, simply notice and create balance awareness. Mindfulness is the act of paying particular attention to the present moment. Bringing opportunity to be an observer of your environment and experience, rather than being absorbed by what is happening in our experience (over identification). Mindfulness helps you to calmly acknowledge and accept your feelings, thoughts and bodily sensations. Mindfulness also helps you get out of your head and into your body (life).

*May you find yourself exploring
mindful techniques that allow you to be
fully present in the moment that is Now.*



Having self-compassion means that you are embracing your human side. It is allowing yourself to understand the current experiences and emotions you are facing without allowing them to overcome who you are or where you are.

CAN YOU COMMIT TO TREATING YOURSELF AS A COMPASSIONATE BEST FRIEND WOULD?

Before you answer, here is a list of
Attributes that a Compassionate Friend Would Have:

1. Listens to your thoughts and feelings.
2. Is Loving and Understanding.
3. Gives you permission to be who you are.
4. Provides grace and understanding.
5. Encourages you and provides compliments.



Now, you can answer the question:

CAN YOU COMMIT TO TREATING YOURSELF AS A COMPASSIONATE BEST FRIEND WOULD?

Take this time to reflect 3 ways that you can
offer yourself more compassion:
(Get curious and write details of how you will
implement self-compassion practices)





"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection"

– Anonymous

Take Good Care of Yourself