

Fostering Self Compassion

Paitan Molde



Self Compassion

An attitude/mindset formed from the mindful cultivation of replacing self-judgment with self-kindness (Grzybowski & Brinthaup, 2022).. Self-compassion includes the way we speak to ourselves and the emotional tone(s) used (Grzybowski & Brinthaup, 2022).

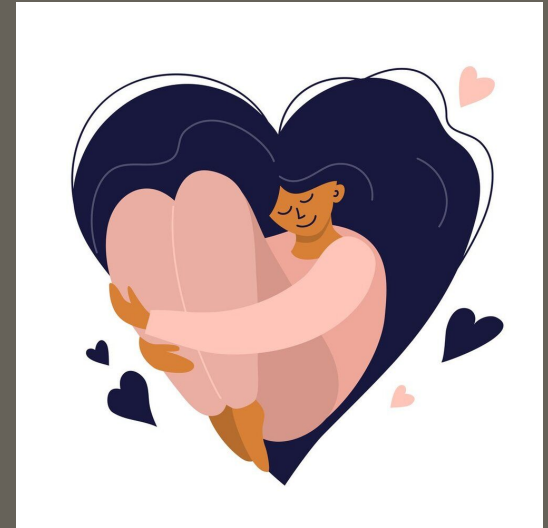


Self Compassion & Self-Kindness

Self-compassion can be viewed as an umbrella term incorporating facets of self-kindness, mindfulness based practices, noticing self-judgment, and common instances of humanity (Grzybowski & Brinthaup, 2022).

Three Elements of Self-Compassion

- 1) Self-Kindness vs. Self-Judgment
- 2) Common humanity vs. Isolation
- 3) Mindfulness vs. Over-identification



Self Kindness

-demonstrating warmth, understanding, and kindness to ourselves

-accepting our pain with kindness and sympathy for ourselves



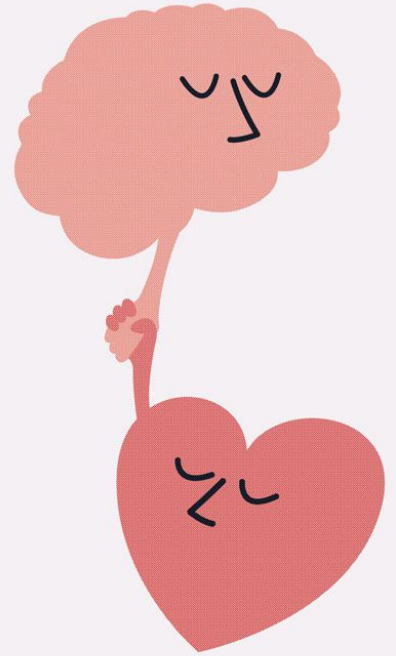
Common Humanity

-normalization of human suffering

-shift from “I” and “me/my struggles” mindset to a universal experience of suffering and pain

Mindfulness

- awareness of the present moment simply as it is
- foundation to the concept of Self-Compassion



“We cannot ignore our pain and feel compassion for it at the same time.”

Why Practice Self-Compassion?

-Self criticism poses as a risk factor to a poor sense of wellbeing, mental health issues, and strained interpersonal relationships (Warren, et al., 2016).



Self-compassion is key because when we're able to be gentle with ourselves in the midst of shame, we're more likely to reach out, connect, and experience empathy.



Self-Esteem vs. Self-Compassion



Therapeutic Framework

Acceptance and Commitment Therapy (ACT) does not explicitly utilize self-compassion techniques and ideas, it lends itself very well to this therapeutic approach (Carvalho et al., 2022).

ACT coupled with self-compassionate tendencies has shown lowered negative self talk and automatic negative thoughts (ANT's) (Carvalho et al., 2022; Grzybowski & Brinthaup, 2022).

Dr. Kirstin Neff Guided Practices

Exercise 1: How Would You Treat a Friend?

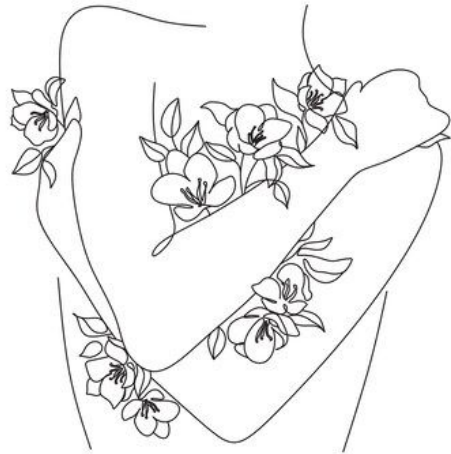
What happens when you treat yourself like a good friend?

Exercise 2: Self-Compassion Journal

Exercise 3: Changing Critical Self-Talk

Exercise 1:

"talk to yourself like you
would talk to someone you
love."
-Brené Brown



Exercise 2:

Mindfulness: bring awareness to the painful emotions resulting from self-criticism or judgment throughout your day and attempt to respond with acceptance and non-judgment

Common Humanity: how was your experience connected to the human experience

Self-Kindness: kind, understanding, loving words

Exercise 3:

“We can't practice compassion with other people if we can't treat ourselves kindly.”

Brene Brown

References

- Carvalho, S. A., Gillanders, D., Forte, T., Trindade, I. A., Pinto-Gouveia, J., Lapa, T., Valentim, A., Santos, E., Paciência, J., Guiomar, R., & Castilho, P. (2022). Self-compassion in acceptance and commitment therapy for chronic pain: A pilot study. *Scandinavian Journal of Pain*, 22(3), 631–638. <https://doi.org/10.1515/sjpain-2021-0214>
- Grzybowski, J., & Brinthaup, T. M. (2022). Trait mindfulness, self-compassion, and self-talk: A correlational analysis of young adults. *Behavioral Sciences (2076-328X)*, 12(9), 300. <https://doi.org/10.3390/bs12090300>
- Neff, K. (2022). Self Compassion Guided Practices and Exercises . In *Self-Compassion Dr. Kirstin Neff*. Retrieved October 14, 2022, from <https://self-compassion.org/the-three-elements-of-self-compassion-2/>
- Neff, K. (2022). What is Self-Compassion? . In *Self-Compassion Dr. Kirstin Neff*. Retrieved October 14, 2022, from <https://self-compassion.org/the-three-elements-of-self-compassion-2/>