

SELF COMPASSION

What is Self-Compassion?

Self-compassion is the ways that we show kindness, love, and care to ourselves. Especially in moments when we feel inadequate or feel we failed.

“Self Compassion is treating ourselves like a garden”

Self-criticism or negative self-talk can be common when things go differently than we expect. This is not helpful. By engaging in self-compassion, we can take action to care of our physical, emotional, mental, and spiritual needs.

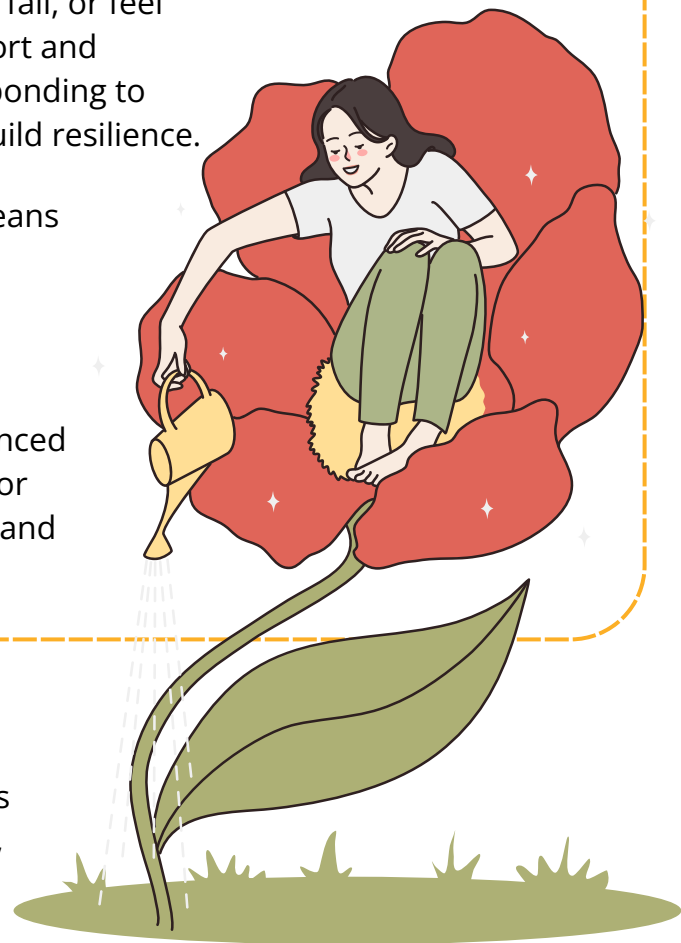
Three Principles of Self-Compassion

Self-kindness vs. self-judgement Being kind and understanding toward ourselves when we struggle, fail, or feel inadequate. Instead of self-criticism, we offer support and encouragement—just as we would to a friend. Responding to setbacks with kindness helps us learn, grow, and build resilience.

Common humanity vs. isolation Being human means being vulnerable and imperfect. Practicing self-compassion helps us recognize that our struggles connect us to others and that we are not alone.

Mindfulness vs. over-identification Taking a balanced approach to our suffering by neither suppressing nor exaggerating it. Mindfulness helps us acknowledge and turn toward our pain with acceptance.

Growth Through Imperfection: Just as a garden can be messy yet still produce flowers, fruits, and vegetables, our imperfections allow us to grow. Being imperfect does not make us lesser; it creates the conditions for learning, resilience, and personal development.





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Self-Kindness Through Words: Showing ourselves kindness can be practiced through the words we use. Write a set of daily affirmations that highlight your strengths, values, and positive qualities to reinforce self-compassion and encouragement. Complete the prompts below.

I am _____

I can _____

I have _____

I deserve _____

I am learning _____

I have the power to _____

 **It is okay** _____