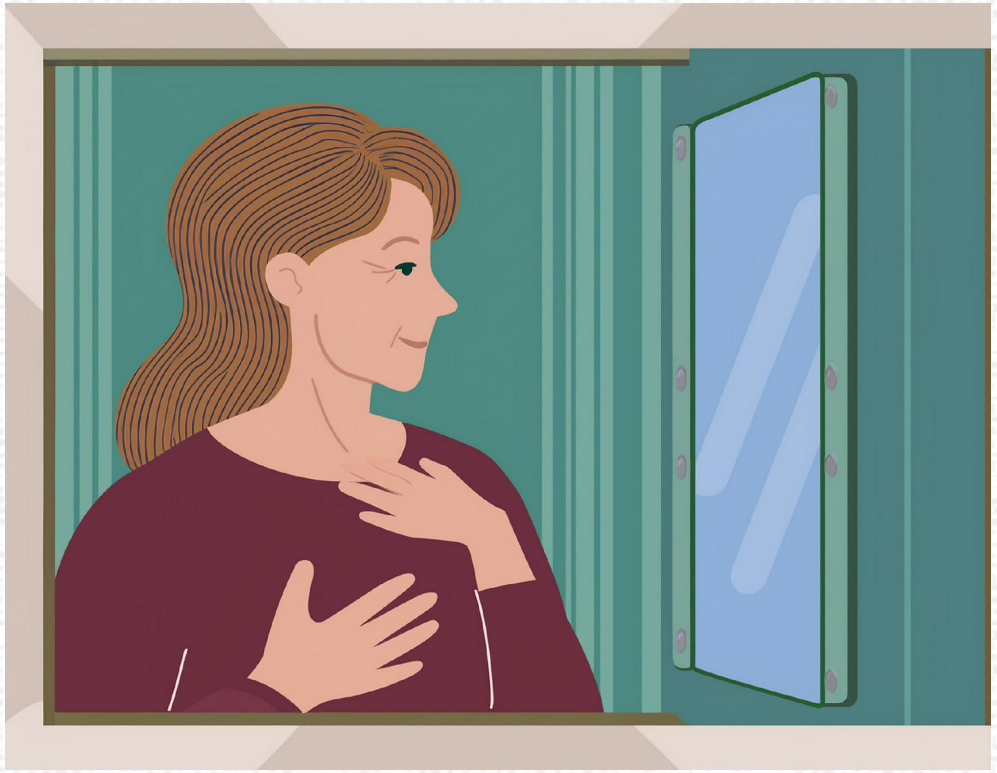


Kristin Neff, PhD

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Self-Compassion Institute
WITH DR. KRISTIN NEFF

Beautifully Imperfect:
The Power of Self-Compassion



Kristin Neff, PhD
Self-Compassion Institute

Self-compassion

involves treating yourself like you would treat a close friend who was struggling

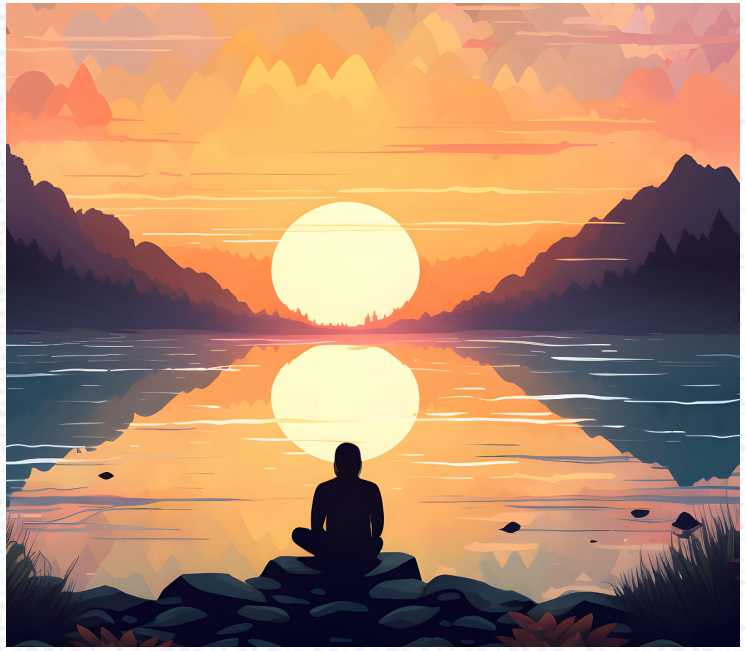




Three components of self-compassion



Mindfulness



- Allows us to be aware of difficult feelings
- Prevents us from running away with our negative thoughts and emotions

Self-Kindness



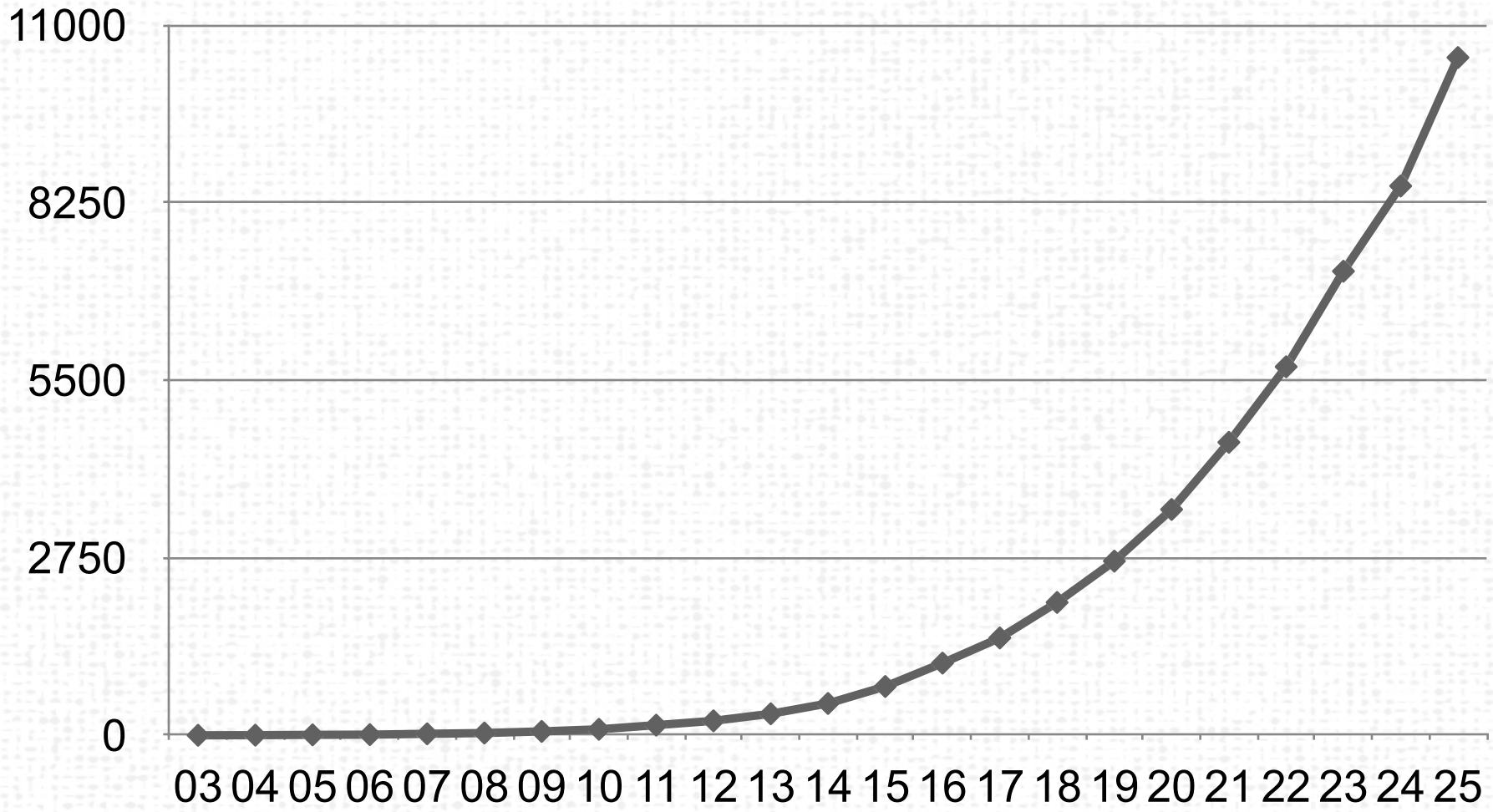
- Treating self with care and understanding rather than harsh judgment
- Desire to alleviate suffering

Common Humanity



- Seeing our own experience as part of larger human experience not isolating
- Recognizing that life is imperfect (us too!)
- All difficulties are not the same, but all humans are worthy of compassion

Research studies examining self-compassion (N=10,500)



Self-Compassion linked to well-being

Reductions in:

- Depression/anxiety
- Stress
- Perfectionism
- Shame
- Suicidal ideation
- Addiction
- Disordered eating

Increases in:

- Life satisfaction
- Happiness
- Optimism
- Creativity
- Curiosity
- Gratitude
- Healthy eating

Self-compassion is a healthier alternative to self-esteem

Self-esteem

Global evaluation of self-worth



We need to feel special and above average to have self-esteem



Self-esteem is often based on social comparison



Self-esteem is typically contingent on perceived appearance



Self-esteem is unstable, going up and down depending on circumstances





Inevitable feelings of inadequacy



Self-Compassion

- Provides intrinsic self-worth
- Based on shared humanity
- Stable, unconditional and always available



Self-Compassion

- Self-worth less dependent on appearance
- Reduces body shame
- More body appreciation



Self-Compassion Break

Step 1: Use mindfulness to acknowledge the challenge you're facing. It's hard to experience this.

Step 2: Remember common humanity. There's nothing abnormal about what you're going through. You aren't alone.

Step 3: Be kind. What supportive, wise or encouraging words you might say to a friend in a similar situation? Try saying these kind words to yourself.