

What Self-Compassionate People Do Differently

A word cloud of negative emotions and self-perceptions. The words are arranged in a circular pattern around the central word 'self-hatred'. The words include: 'self-hatred' (largest, purple), 'shame' (purple), 'insecure' (blue), 'self-loathing' (yellow), 'self-critical' (orange), 'hurt' (purple), 'worry' (orange), 'inadequate' (orange), 'anxiety' (orange), 'despair' (blue), 'doubt' (blue), 'guilt' (orange), 'trauma' (yellow), and 'unsure' (yellow).

self-hatred

shame

insecure

self-loathing

self-critical

hurt

worry

inadequate

anxiety

despair

doubt

guilt

trauma

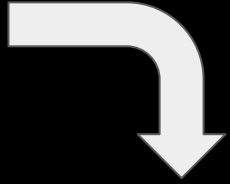
unsure

“I don’t like myself.”

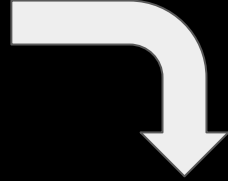
**“Something is wrong
with me.”**

**I am not happy with
my life.”**

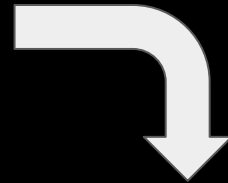
Comfortably
Uncomfortable



Uncomfortably
Uncomfortable



Uncomfortably
Comfortable

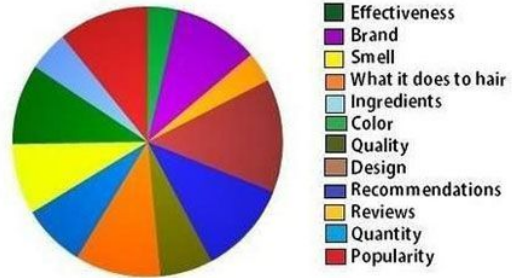


Comfortably
Comfortable

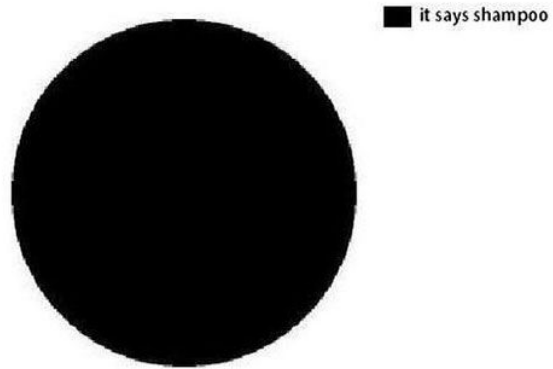
**Apparently there are
2 types of flu.**

**The harmless one that
women and children get,
and the "near death"
version that men get.**

HOW WOMEN CHOOSE SHAMPOO:



HOW MEN CHOOSE SHAMPOO:



**When a kid says
“Daddy, I want mommy”
that's the kid version of
“I'd like to speak to
your supervisor.”**

Compassion

Latin root “passio” – to suffer

Prefix “com” – together

“to suffer together”

Compassion for Others

1. Notice Suffering
2. Feel moved by others' suffering
3. Offer understanding/kindness
4. See suffering, failure, imperfection as part of the human experience

SELF-COMPASSION

is simply giving

the same

KINDNESS

to ourselves that
we would give to
others.

- Christopher Germer



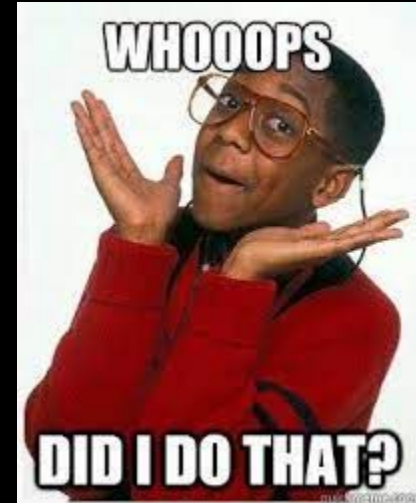
Shame vs. Guilt

“I am/am not”



VS

“I did/didn't do”



Comparisons
Obligation
Perfectionism
Injected Values
Self-critical
Shame
Self-judgment
Isolation
Overidentification



"I should..."

"I am not enough..."

"Everyone else can/does..."

**“Trauma is not the event – it’s the
body’s response to the event.”**

-Dr. Stephen Porges

Self-kindness

Treating yourself with care and understanding

Mindfulness

Accurately perceiving your thoughts, feelings, and experiences without overidentifying with them

**A sense of common
humanity**

recognizing that challenges are a part of the human experience

Self-Kindness

Extending kindness and understanding to oneself rather than harsh self-criticism and judgment.

Common Humanity

Seeing one's experiences as part of the larger human experience rather than as separating and isolating.

Mindfulness

Holding one's painful thoughts and feelings in balanced awareness rather than over-identifying with them.

Self-Compassion

Based on work by Kristin Neff, e.g.: Neff, K. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2(2), 85-101.

Self-compassionate people don't...
...make things personal

ISOLATION

**Self-compassionate people don't...
...think failing is a sign of weakness
and inadequacy**

OVERIDENTIFICATION

Self-compassionate people don't...
...suppress or exaggerate their
emotions

SELF-JUDGMENT

Self-compassionate people...

...are warm and understanding

...are gentle with themselves

...acknowledge what they are feeling, thinking

“...honor and accept [their] humanness.”

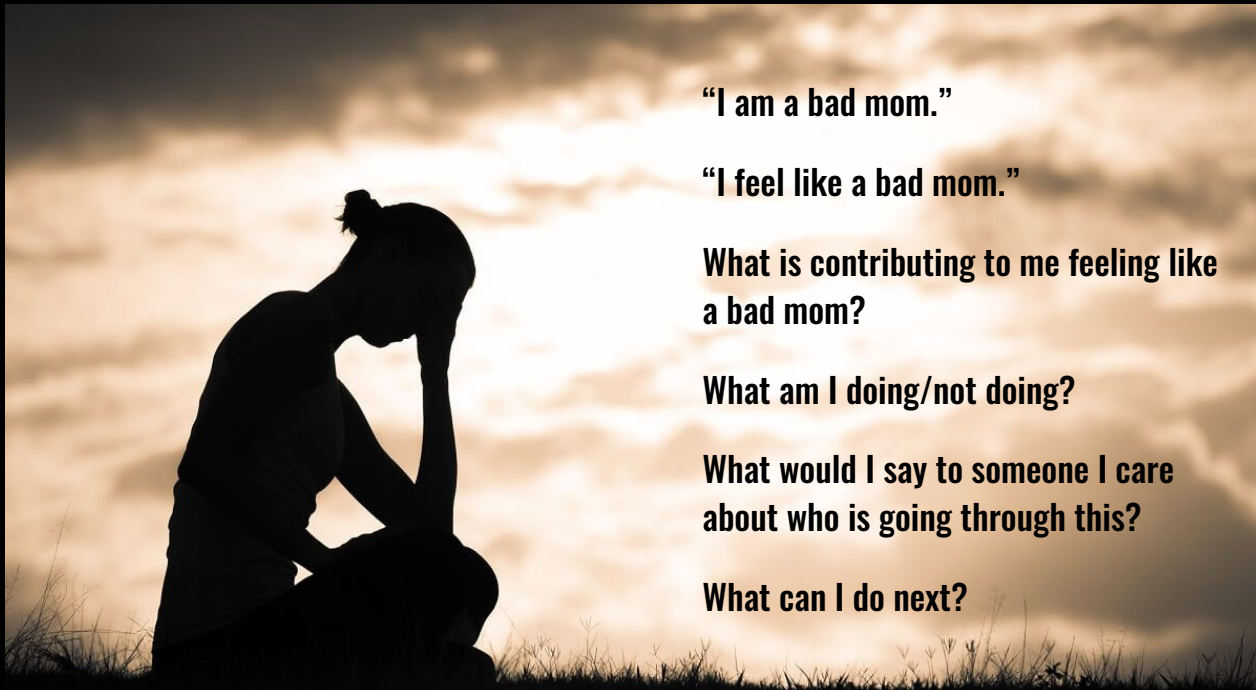
Catch yourself being critical

Acknowledge your experiences

Request your own compassion

Explore the best next step

Overcoming Shame



“I am a bad mom.”

“I feel like a bad mom.”

What is contributing to me feeling like a bad mom?

What am I doing/not doing?

What would I say to someone I care about who is going through this?


What can I do next?

Overcoming Shame



“MAY
YOUR CHOICES
REFLECT YOUR
HOPES,
NOT YOUR
FEARS”

- *Nelson Mandela*



This is a moment of suffering.
Suffering is part of life. May I be kind
to myself in this moment. May I
give myself the compassion I need.

Kristin Neff



"YOU ARE BOTH
GOOD AND BAD
AND MESSY AND
COMPLEX AND
STILL WORTHY
OF COMPASSION,
LOVE AND
ACCEPTANCE."

SARAJANE CASE

*“I am a recovering
perfectionist and an aspiring
“good-enoughist”.”*

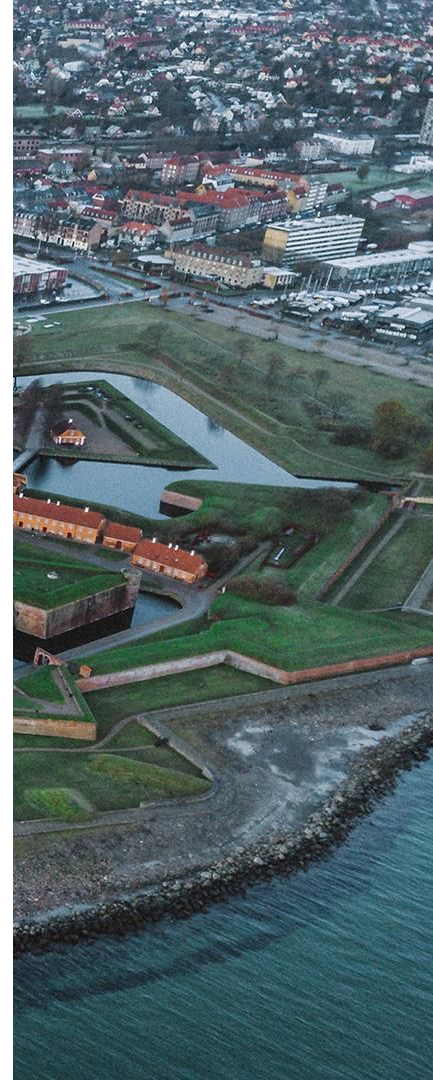
BRENÉ BROWN

Boundaries at work sound like:

@NEDRATAWWAB

- "I'm honored that you would ask me to help, but I'm unable to add anything else to my workload."
- "I can't lower my price, and I hope that you find someone within your budget."
- "I know I'm working from home, but I'm still maintaining normal business hours."
- "I can't offer my services for free."
- "I need help with my workload because I can't manage everything on my plate."
- "I'm not able to chat right now; I need to stay focused on my work assignment."
- "I'd rather talk by phone instead of emailing about this topic."
- "I don't feel comfortable talking about politics at work."

www.nedratawwab.com

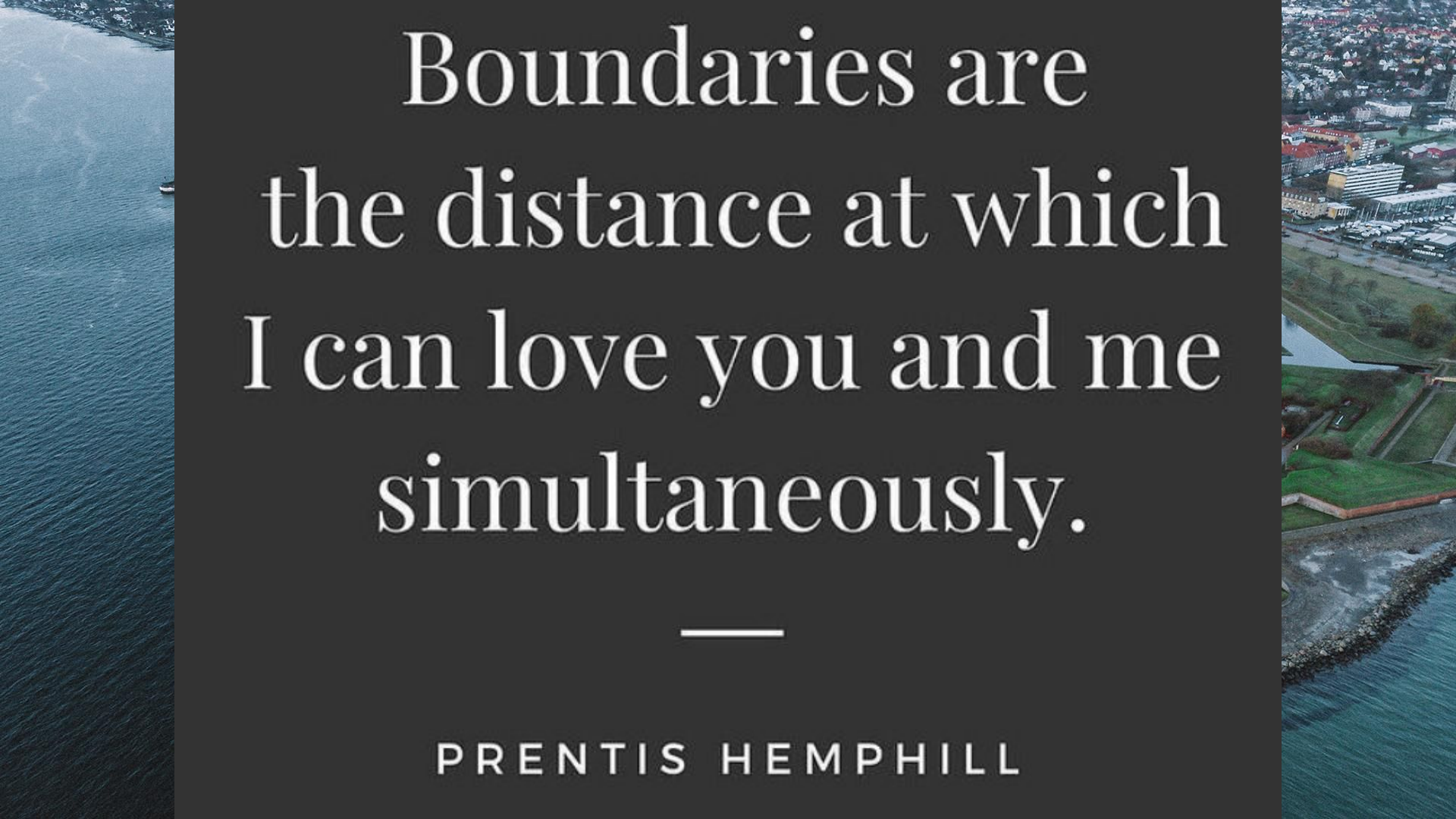




You can be a good
person with a kind
heart and still say "NO"

www.TheMindsetJourney.com



An aerial photograph of a coastal city, likely Oslo, Norway, showing a mix of urban buildings, green parks, and a body of water. The image is split vertically by a dark grey panel that contains the text.

Boundaries are
the distance at which
I can love you and me
simultaneously.

—

PRENTIS HEMPHILL




A SOFT REMINDER:
NOT EVERYTHING
THAT WEIGHS YOU
DOWN IS YOURS TO
CARRY.



Relationships are a privilege...
...not a rite

I AM LEARNING
TO LOVE THE SOUND
OF MY FEET WALKING
AWAY FROM THINGS
NOT MEANT FOR
ME.





Don't let anyone who
hasn't been in your
shoes tell you how
to tie your laces.

A group of four young adults (three women and one man) are sitting outdoors, laughing and smiling. They are dressed in casual clothing like denim shirts and plaid shirts. The background is a soft-focus outdoor setting with trees and sunlight. The quote is overlaid in a large, black, italicized serif font.

*"A good laugh
heals a lot of
hurts."*

MADELEINE L'ENGLE

Seek Balance

SOME DAYS
YOU EAT SALADS
AND GO TO THE GYM,
SOME DAYS
YOU EAT CUPCAKES
AND REFUSE TO PUT
ON PANTS.
*its called
balance.*

**DON'T TRY TO OVERHAUL
YOUR LIFE OVERNIGHT.**

**INSTEAD, FOCUS ON ONE
LITTLE THING EVERYDAY.**

**THIS IS HOW MAGNIFICENT
TRANSFORMATIONS ARE
MADE.**

Don't be afraid
to start over
again. This time
you are not
starting from
scratch, you are
starting from
experience.

An aerial photograph of a dense, green forest with a light-colored, winding river or path that meanders through the trees. The text is overlaid on the center of the image.

SELF

The core of a person, which contains leadership qualities such as compassion, perspective, curiosity, and confidence. The Self is best equipped to lead the internal family.



IFS Institute

ifs-institute.com

**everything
is hard
before
it is
easy**

Goethe



One reason people resist
change is because they
focus on what they have to
give up, instead of what
they have to gain.



RICK GODWIN

Don't forget
to drink water
and get some sun.
You're basically
a houseplant
with more
complicated emotions.

**Whatever you
do, do it with
the
confidence of
a 4 year old in
Batman t-shirt .**

**One day or
day one.**

You decide.

WHOLE BALANCE

WELLNESS  COUNSELING

Kavi Branham, MS, LCPC

www.wholebalancewc.com