



Contents

1. Introduction
2. Key Differences
3. Reflection
4. Practice
5. Takeaway



Time
15–20 minutes



For
Everyone



What You'll Do

Learn the difference between self-compassion and self-esteem, reflect on your patterns, and practice shifting toward self-compassion.

Self-Compassion vs. Self-Esteem

Date: ____ / ____ / ____



Why Does the Difference Matter?

Self-esteem is how you evaluate yourself. Self-compassion is how you relate to yourself. When life is hard, self-esteem can drop because it often depends on success, approval, or comparison. Self-compassion stays steady—it offers kindness, support, and understanding, no matter what.

Both are important, but self-compassion is the foundation that helps build lasting well-being.

	Self-Esteem How you evaluate yourself	vs.	Self-Compassion How you relate to yourself
Focus	How good, capable, or successful I am.		How kind, understanding, and supportive I am.
Depends on	Achievements, outcomes, comparison, and approval.		Common humanity, acceptance, and inner kindness.
When things go well	I feel better about myself.		I appreciate myself and stay grounded.
When things go wrong	I often feel worse about myself, ashamed, or not good enough.		I offer myself kindness, remind myself I'm human, and support myself through it.
Inner voice	Critical, judgmental, or demanding.		Warm, encouraging, and non-judgmental.
Goal	To feel better about myself.		To be kind to myself and care for my well-being.



Reflection

Take a few minutes to think about your own experiences.

1. When I struggle or make a mistake, which do I rely on more—self-esteem or self-compassion? Why?

2. How does my self-talk sound when I'm focused on self-esteem? Give an example.

3. How does my self-talk sound when I practice self-compassion? Give an example.

4. What would it feel like to respond to myself with more self-compassion?



Practice Shift

Choose one recent difficult moment. Write one self-esteem response you might have used, and then rewrite it using self-compassion.

Self-Esteem Response (How I might judge myself)	Self-Compassion Response (How I can be kind to myself)

Remember!

Self-esteem asks,
"Am I good enough?"
Self-compassion says,
"I am human, and I
choose to be kind
to myself."



*You don't have to earn self-compassion.
You only have to be willing to offer it.*

