



What Is Self-Compassion?



Self-compassion is the ability to be kind and understanding toward yourself, especially when life is hard. It means treating yourself with the same **care** and **concern** you would offer a good friend.

THE 3 PARTS OF SELF-COMPASSION

1. SELF-KINDNESS



Being warm and understanding toward yourself instead of harshly judging yourself.

Example: "I'm doing my best, and that is enough."

2. COMMON HUMANITY



Remembering that imperfection and suffering are a normal part of being human.

Example: "I'm not alone. Everyone struggles sometimes."

3. MINDFULNESS



Noticing your thoughts and feelings without over-identifying with them or ignoring them.

Example: "This is a hard moment, and that's okay."



WHY IT MATTERS

Practicing self-compassion can reduce anxiety, improve self-esteem, and help you cope with challenges more effectively. It allows you to respond to yourself with support rather than criticism, creating space for healing and growth.



REFLECTION: HOW DO YOU SHOW COMPASSION?

Think about your life lately. How often do you show yourself the three parts of self-compassion? Rate yourself on a scale of 1 to 5.



Self-Kindness	Common Humanity	Mindfulness

What is one way you can practice more self-compassion this week?



YOU ARE WORTHY OF KINDNESS.

Self-compassion isn't about perfection. It's about showing up for yourself with patience, understanding, and love—just like you would for someone you truly care about.

One kind thing I can say to myself today:

