

What is Self compassion?



Having compassion for oneself is really no different than having compassion for others.

First, to have compassion for others you must notice that they are suffering. If you ignore that homeless person on the street, you can't feel compassion for how difficult his or her experience is.

Second, compassion involves feeling moved by others' suffering so that your heart responds to their pain.. When this occurs, you feel warmth, caring, and the desire to help. Having compassion also means that you offer understanding and kindness to others when they fail or make mistakes, rather than judging them harshly.

Finally, when you feel compassion for another, it means that you realize that suffering, failure, and imperfection is part of the shared human experience.

Self-compassion involves acting the same way towards yourself when you are having a difficult time or notice something you don't like about yourself. Instead of just ignoring your pain , you stop to tell yourself "this is really difficult right now," how can I comfort and care for myself in this moment.



1. Self-kindness

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.

Self-compassionate people recognize that being imperfect, failing, and experiencing life difficulties is inevitable, so they tend to be gentle with themselves when confronted with painful experiences. When the reality of painful experience is accepted with sympathy and kindness, greater emotional equanimity is experienced.

2. Common humanity

Frustration at not having things exactly as we want is often accompanied by an irrational but pervasive sense of isolation – as if “I” were the only person suffering or making mistakes. All humans suffer, however. The very definition of being “human” means that one is mortal, vulnerable and imperfect.

Therefore, self-compassion involves recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone.

3. Mindfulness

Self-compassion also requires taking a mindful approach to our negative emotions. This arises from the willingness to observe our difficult thoughts and emotions with openness and acceptance.

Mindfulness is a non-judgmental, receptive mind state in which one observes thoughts and feelings as they are, without trying to suppress or deny them. We cannot ignore our pain and feel compassion for it at the same time.