

Self-Compassion

Based on the work of Kristin Neff, PhD

Self-Compassion

The recognition and clear seeing of suffering in ourselves. It involves feelings of kindness toward ourselves so that the desire to help...to ameliorate the suffering...emerges.

Self-Compassion involves recognizing our shared human condition, *flawed and fragile as it is.*

Suffering = Distance between expectation & reality
Self-judgment

Self-compassion is not only relevant and deserved to those who are blameless victims- but also to those whose suffering stems from failures, personal weakness, and bad decisions.



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

You are worthy of compassion because you are human.