

What Are We Talking About?

Section 2

What Is Self-Compassion?



Self-Kindness

Be loving towards ourselves instead of self-critical.



Common Humanity

Everyone suffers. You are not perfect.
No one is. You are not alone.



Mindfulness

Notice our struggle. Feel it, instead of being reactive. Be with it, avoiding self-judgment or overreaction.

When you feel like you have fallen short, how do you practice self-compassion?