

A person with long brown hair, wearing a black t-shirt and black shorts with a white waistband, is sitting in a meditative lotus position on a wooden dock. The dock extends from the bottom center towards the middle of the frame. The background features a calm blue lake reflecting the sky, a dense forest of evergreen trees along the shoreline, and rolling mountains under a clear sky. Two semi-transparent rounded rectangular boxes are overlaid on the upper part of the image: a light red one for the main title and a light grey one for the subtitle.

# **wellness that works**

***nurturing the heart  
assess & practice self-compassion***



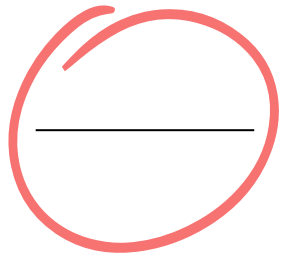
# SELF-COMPASSION

## HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

Almost never					Almost always	
1	2	3	4	5		<u>score</u>
* 1.	When I fail at something important to me I become consumed by feelings of inadequacy.					_____
2.	I try to be understanding and patient towards those aspects of my personality I don't like.					_____
3.	When something painful happens I try to take a balanced view of the situation.					_____
* 4.	When I'm feeling down, I tend to feel like most other people are probably happier than I am.					_____
5.	I try to see my failings as part of the human condition.					_____
6.	When I'm going through a very hard time, I give myself the caring and tenderness I need.					_____
7.	When something upsets me I try to keep my emotions in balance.					_____
* 8.	When I fail at something that's important to me, I tend to feel alone in my failure					_____
* 9.	When I'm feeling down I tend to obsess and fixate on everything that's wrong.					_____
10.	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.					_____
* 11.	I'm disapproving and judgmental about my own flaws and inadequacies.					_____
* 12.	I'm intolerant and impatient towards those aspects of my personality I don't like.					_____

Total: \_\_\_\_\_ Divide by 12: \_\_\_\_\_



**SCALE:**  
1.0 - 2.49 low  
2.5 - 3.5 moderate  
3.51 - 5.0 high

\* reverse score these questions! To reverse score items (1=5, 2=4, 3=3, 4=2, 5=1)





Did you score low, moderate or high?  
Are you surprised?



# com•passion



with



suffering



ameliorate pain







# HOW I SUPPORT *others*

How do I extend my support and show up  
for people in my life who are struggling?



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A photograph of two young girls with long dark hair, both wearing pink and blue plaid dresses. The girl on the left is crying, with her hands covering her face. The girl on the right is looking at her and gently touching her shoulder in a comforting gesture.

# self-compassion

treating oneself with  
kindness and  
nonjudgmental  
acceptance in  
response to perceived  
challenges and  
failures<sup>I</sup>

offering yourself the  
same kindness you would extend to others



# ELEMENTS OF SELF-COMPASSION



## MINDFULNESS

Awareness

*not ignoring,  
deflecting or  
exaggerating pain*



## KINDNESS

Understanding

*not punishment*



## COMMON HUMANITY

“Everyone goes  
thru this”

*not feeling isolated  
in your suffering*





**Call forth a time of  
personal hardship**



# HOW I SUPPORT *myself*

A RECENT PERSONAL HARDSHIP:

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MY RESPONSE TO MYSELF:

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DID I TRY TO DEFLECT OR BLAIM OTHERS?

yes	<input type="checkbox"/>	no	<input type="checkbox"/>
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WAS I CRITICAL/JUDGEMENTAL OF MYSELF?

yes	<input type="checkbox"/>	no	<input type="checkbox"/>
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DID I REMEMBER THAT MY HARDSHIP IS A UNIVERSAL HUMAN EXPERIENCE?

yes	<input type="checkbox"/>	no	<input type="checkbox"/>
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DID I OFFER MYSELF THE SAME SUPPORT I EXTEND TO OTHERS

yes	<input type="checkbox"/>	no	<input type="checkbox"/>
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“Life’s unsavory events can be the finest seasoning for your deepest becoming.”

~Chelan Harkin, *The Prophetess*



# Reflection

## prompts

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- Do you respond differently to yourself than those you love in times of hardship?
- Any surprises with your self compassion scale?





# Self-Compassion is both<sup>4,5</sup>:



*passive*

**tender**

nurturing  
nourishing



*active*

**fierce**

empowering  
energizing



# Physical Touch: Tender Self-Compassion<sup>3</sup>



“Drop the story, feel the feelings”

Parasympathetic activation



overall levels of self-compassion



less stressed

less likely to report negative feelings  
(being depressed, anxious, or irritated)



# soothing touch

- placing hands over heart
- stroking arms
- hugging yourself & rocking
- holding your own hand
- cradling your face
- holding your shoulders





# Physical Touch: Fierce Self-Compassion







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“Stand up straight and realize who you are.  
That you tower over your circumstances.”

~Dr. Maya Angelou



# SELF—COMPASSION

## *strategies*

I OFFER MYSELF THE SAME COMPASSION I EXTEND TO OTHERS:



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MY PERSONAL TOUCH STRATEGIES:

Tender Self-Compassion



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Fierce Self-Compassion



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“When you begin to touch your heart or let your heart be touched, you begin to discover that it’s bottomless, that it doesn’t have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space.” -Pema Chödrön



# references & recommendations

1. Neff KD. (2003) *Self-compassion: An alternative conceptualization of a healthy attitude toward oneself*. *Self and Identity* 2(2): 85–101.
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3. Susman ES, Chen S, Kring AM, Harvey AG. Daily micropractice can augment single-session interventions: A randomized controlled trial of self-compassionate touch and examining their associations with habit formation in US college students. *Behav Res Ther*. 2024 Apr;175:104498. doi: 10.1016/j.brat.2024.104498. Epub 2024 Feb 21. PMID: 38412573.
4. Neff, K. (2011). *Self-compassion: The proven power of being kind to yourself*. William Morrow.
5. Neff, K. (2021). *Fierce self-compassion: How women can harness kindness to speak up, claim their power, and thrive*. Harper Wave.

