

SELF-COMPASSION

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MAGIC QUESTION



COMPASSION

- Compassion means “to suffer with”
- When you understand the experience of another AND are moved to relieve their suffering
- It is evolutionarily a part of the human experiences and has an positive effect on our bodies
 - Heart rate slows
 - Oxytocin increases
- Compassion isn't always our default response, self-protection is
 - Looking for someone to blame
 - Turning to judgement
 - Going into fix-it mode
 - Numbing



SELF-COMPASSION (KRISTEN NEFF)

1. Self-kindness

Do you speak to yourself like you do a friend?

2. Common humanity

There is no pain you have experienced that others haven't as well

To suffer sometimes is part of being human

3. Mindfulness

Becoming aware of our experience

Neither avoiding it or over-attaching to it

COMPASSION

- Compassionate people are boundaried people
 - Because they are accepting of themselves and others
 - Compassion helps us to avoid the rage-blame-too-tired-too-busy-to-follow-through-resentment trap
 - Setting boundaries and holding people accountable is a lot harder than blame and shame
 - Clear is kind. Unclear is unkind.

**If your
COMPASSION
does not include
YOURSELF
it is incomplete.
- Jack Kornfield**

PRACTICE

