

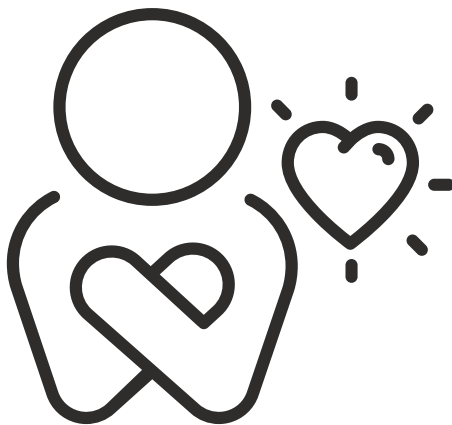
Week 10: Insight

Practicing Self-Compassion

"Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens." - Louise L. Hay

Self-compassion involves being warm and understanding toward ourselves when we suffer, fail or feel inadequate.

We all have flaws that sometimes make us feel bad about ourselves. It is human nature to feel inadequate and self-critical, but too much is damaging to our mental health. It is important to be kind to ourselves and remember our strengths. Self-compassion enhances our self-worth and is beneficial to our wellbeing.



Exercise:

Take a moment to think of some positive and negative attributes about yourself. Pay attention to your thoughts and feelings about these.

Negative

Positive

Reflection:

If a friend told you they had these same negative thoughts about themselves, what advice would you give them? Do you feel like you'd be more compassionate towards them than yourself? What is the impact of that and how can you change it for the better?



Challenge: Write down a list of positive qualities about yourself and place it somewhere you will see it regularly (such as a post-it note on your mirror).