

SELF-ESTEEM VS. SELF-COMPASSION

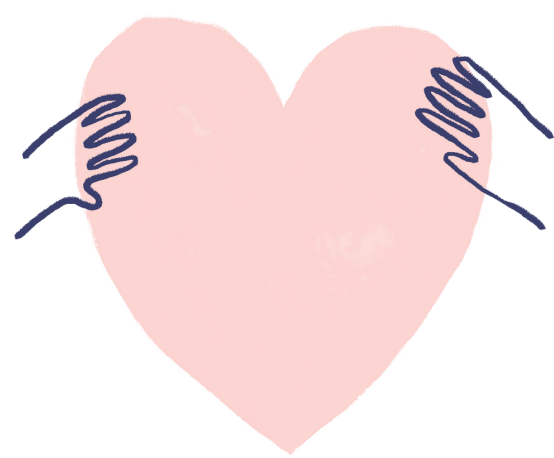
KRISTIN NEFF, PHD . SELF-COMPASSION.ORG

"In modern Western culture, self-esteem is often based on how much we are different from others, how much we stand out or are special. It is not okay to be average, we have to feel above average to feel good about ourselves.

In contrast to self-esteem, self-compassion is not based on self-evaluations. People feel compassion for themselves because all human beings deserve compassion and understanding, not because they possess some particular set of traits. This means that with self-compassion, you don't have to feel better than others to feel good about yourself.

Research indicates that in comparison to self-esteem, self-compassion is associated with greater emotional resilience, more accurate self-concepts, and more caring relationship behavior."

3 ELEMENTS OF SELF-COMPASSION



SELF-KINDNESS

Entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.

COMMON HUMANITY

Recognizing that suffering and personal inadequacy is part of the shared human experience - something that we all go through rather than being something that happens to "me" alone.

MINDFULNESS

A non-judgmental, receptive mind state in which one observes thoughts and feelings as they are, without trying to suppress them. We cannot ignore our pain and feel compassion for it at the same time.