



Counselling Workroom

Self-Compassion

- Are you always harsh and mean on yourself?
- Do you keep comparing yourself to others?
- Do you keep judging your every decision?
- Do you feel down, demotivated, trapped, being lonely or like a failure?
- When you experience negative emotions, would you blame yourself for being weak or fragile?

To survive in this highly pressured society, some of us have to become and accustomed to be self-critical. We learn to tell ourselves that our failures are caused by not working hard or smart enough. Then we gradually practice an excessive version of self-criticism, or self-flagellation, which may lead us depression, under performance and lack of motivation.

Start from today, you can learn **self-compassion** if you experience any of the above situation by being warm and understanding towards yourselves.



Self-kindness

Try to be gentle and treat yourself with sympathy and kindness. You may note that you are lenient to others but mean to yourself, try to change an angle and treat yourself with mercy like what you've done to others. 'Imperfect is fine'- learn to accept and be considerate to yourself.



Common humanity

Human is mortal, vulnerable and imperfect. Suffering and personal inadequacy is actually part to the shared human experience- you are not alone.



Mindfulness

Mindfulness is a non-judgmental, receptive mind state in which one observes thoughts and feelings as they are, without trying to suppress or deny them. Taking a

balanced approach to our negative emotions so that feelings are neither suppressed nor exaggerated.

When you feel nervous or under pressure, try to think about the situation that makes you nervous, and comfort yourself 'This is just a part of life, I can get through this difficult time. I can treat myself well, accept myself and cherish myself.'

Practice of 'self-compassion'

A. Meditation



You can lie on bed or soak yourself in a warm bath, turn over your sequence of thoughts and correct the flow of your worst self-accusations. Try to use an entirely kindly perspective on your setbacks. For example, we always fail to notice the scale of the challenges or overlook the difficulty of our goals that we routinely set to ourselves.

B. Everyone is unique



Each of us comes from different backgrounds and with different experiences and abilities. No one is perfect. Therefore, it isn't wholly our fault when we cannot carry out certain tasks perfectly.

C. 'Right time with favorable geography and relationship'



People who used to self-criticize everything as their responsibility and do not believe in 'luck'. But the truth is, 'Right time with favorable geography and relationship' matters. Therefore, please don't assume that you can control everything completely, nor bear all the responsibility for a failure.

D. Review 'love memory'



You are not only your achievements, status and material success. There are other 'valuable' like the loved moments and relationships with others. Recall more of the voices and behavior from all those who have been kind to you, and bathe in the memory of love.

E. Things will be over



Although crises and setbacks seem to torture us endlessly, the truth is that things would be over. It's just how we feel of a crisis. Let us try to adjust the expectations and live in the present, take care of ourselves and rest well.