



Connecting in Community

with Dr. Shana Johnston

Week 6 - Self Compassion - Learning to be Kind and Gentle with Ourselves

This week's key points:

- 1) We can start cultivating self compassion simply by noticing our thoughts, our judgements and our patterns. Noticing any judgments and self criticism with curiosity and a beginners mind.
- 2) As we begin to notice the judgment and self criticism, we can start practicing being kind and gentle with ourselves, reminding ourselves that we're human. Releasing the need to be perfect. We are already whole and complete as we already are. Your value comes from being YOU, not from what you do. Many of us have been taught that our value comes from performance or perfection. That's not true. Self compassion is about accepting ourselves as we are, right here, right now. Embracing our perfectly imperfect human.
- 3) Instead of focusing on our failings and beating ourselves up, we can shift our focus to all the things we are doing well, all the people we help every day, all the things we do to make the world a better place. As we shift our focus to what we are doing well, it becomes easier to love ourselves just as we are.

Self-compassion means being gentle, kind and understanding with yourself; accepting that you are not perfect; and understanding that there is potential for learning and growth in every mistake you make

- Kristin Neff

Journaling prompts:

What have I noticed about the way I talk to myself? In what ways can I be really hard on myself?

How could I be more kind and gentle with myself?



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Invitation to continue to explore this week's theme:

- 1) Notice your thoughts with curiosity and kindness
- 2) When you notice you're being hard on yourself, ask yourself how you could be more kind and gentle with yourself?
- 3) Make a list of the things you're really proud of yourself for, things that you're doing really well. Acknowledge and appreciate yourself for everything you're already doing.

Resources:

- 1) Kristin Neff - The Three Components of Self Compassion <https://www.youtube.com/watch?v=11U0h0DPu7k>
- 2) Article on self compassion and overcoming your inner critic <https://positivepsychology.com/self-compassion-5-steps/>
- 3) Kristin Neff's website with videos and other resources - <https://self-compassion.org/>

Self Observation Without Judgment

Release the harsh and pointed inner voice. it's just a throwback to the past, and holds no truth about this moment.

Let go of self-judgment, the old, learned ways of beating yourself up for each imagined inadequacy.

Allow the dialogue within the mind to grow friendlier, and quiet. Shift out of inner criticism and life suddenly looks very different. i can say this only because I make the choice a hundred times a day to release the voice that refuses to acknowledge the real me.

What's needed here isn't more prodding toward perfection, but intimacy – seeing clearly, and embracing what I see.

Love, not judgment, sows the seeds of tranquility and change

- Donna Faulds