SESSION6

# Compassion

### OUTLINE

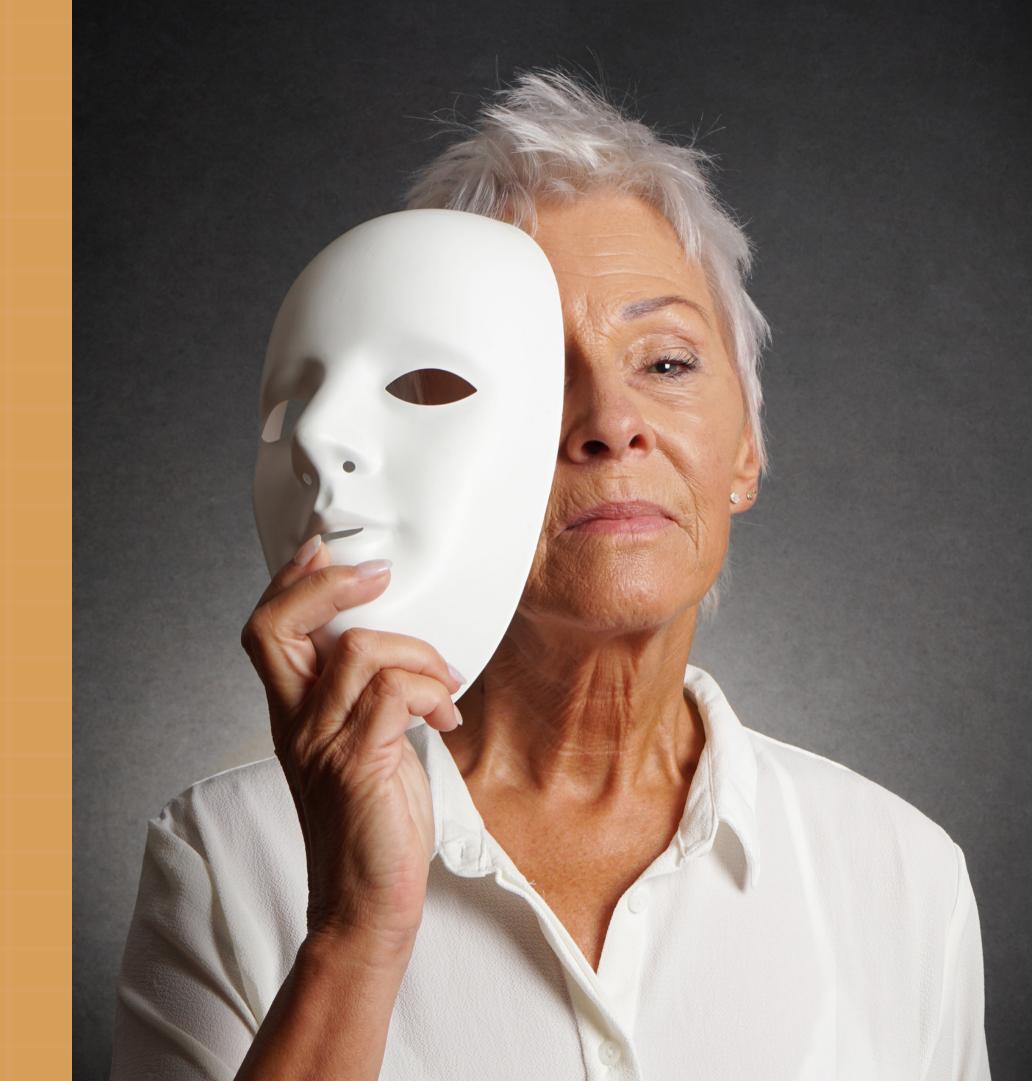
### This Presentation

- 1. THE INNER CRITIC
- 2. SELF-COMPASSION
- 3. THE IMPORTANCE OF SELF-COMPASSION

1.

THEINNER

Critic



### Exercise

IMAGINE YOURSELF IN A SITUATION IN WHICH YOU WERE DISAPPOINTED IN YOURSELF. FOR INSTANCE BECAUSE YOU MADE A MISTAKE, FAILED TO REACH AN IMPORTANT GOAL, BECAUSE YOU MESSED SOMETHING UP, ETC.

### Exercise

- WHAT WERE THE WORDS YOU SPOKE TO YOURSELF?
- WHAT WAS THE TONE OF (INNER) VOICE?
- **HOW DID IT MAKE YOU FEEL?**

### Words

- **ACCUSATORY**
- REPROACHFUL
- ATTACKING

### Tone

- **HARD**
- **ANGRY**
- DISAPPOINTED

# Feelings

- **FAILURE**
- SHAME
- GUILT
- INFERIORITY
- **FEAR**

(Internal)

- **WHAT IS WRONG WITH ME?**
- **HOW COULD I LET THIS HAPPEN?**
- **WHY ME?**
- THERE IS NOTHING I CAN DO RIGHT
- ) IF I CONTINUE LIKE THIS, I WILL INEVITABLY FAIL
- "FOOL"

# (External)

- "I LOOK LIKE A FAT COW IN THIS DRESS."
- "I'M HOPELESSLY INEPT WITH COMPUTERS."
- "I HAVE THE WORST SENSE OF DIRECTION OF ANYONE I KNOW!"
- "I THINK I AM THE WORST COOK ON THIS PLANET."
- "I WONDER HOW MANY TIMES I HAVE MADE THIS MISTAKE BEFORE."

(External)

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It's as if we're saying: "I'm going to beat you to the punch and criticize myself before you can.

I recognize how flawed and imperfect I am so you don't have to cut me down and tell me what I already know



### Adefinition

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The inner critic is an internal voice that commands and sends negative messages"



# 3 types of messages

IMPERATIVE
"YOU SHOULD"

DISAPPROVING
THOUGHTS,
FEELINGS AND
BEHAVIOR

NEGATIVE PREDICTIONS

## Intrapersonal consequences

RELATION TO THE ETIOLOGY AND PRESERVATION OF DIFFERENT TYPES OF PSYCHOPATHOLOGY:

- DEPRESSION
- SOCIAL ANXIETY
- DRUG ADDICTION
- EATING DISORDERS

### Interpersonal consequences

INDIVIDUALS WHO SCORE HIGH ON SELF-CRITICISM:

- HAVE LESS FRIENDS AND LESS SATISFIED WITH SOCIAL SUPPORT
- USE MORE NEGATIVE COMMUNICATION AFTER A STRESSFUL EVENT
- REPORT LOWER LEVELS OF TRUST AND SHARE A LOW AMOUNT OF PERSONAL INFORMATION

### Possible cause



Children with parents who are highly critical, control and performance focused will be more self-critical as adults.



2. Self-compassion



# Compassion



Compassion involves sensitivity to the experience of suffering, coupled with a deep desire to alleviate that suffering.



## Compassion is not...

#### **CO-SUFFERING:**

- MEANS 2 PEOPLE ARE SUFFERING
- VICTIMIZING SOMEONE

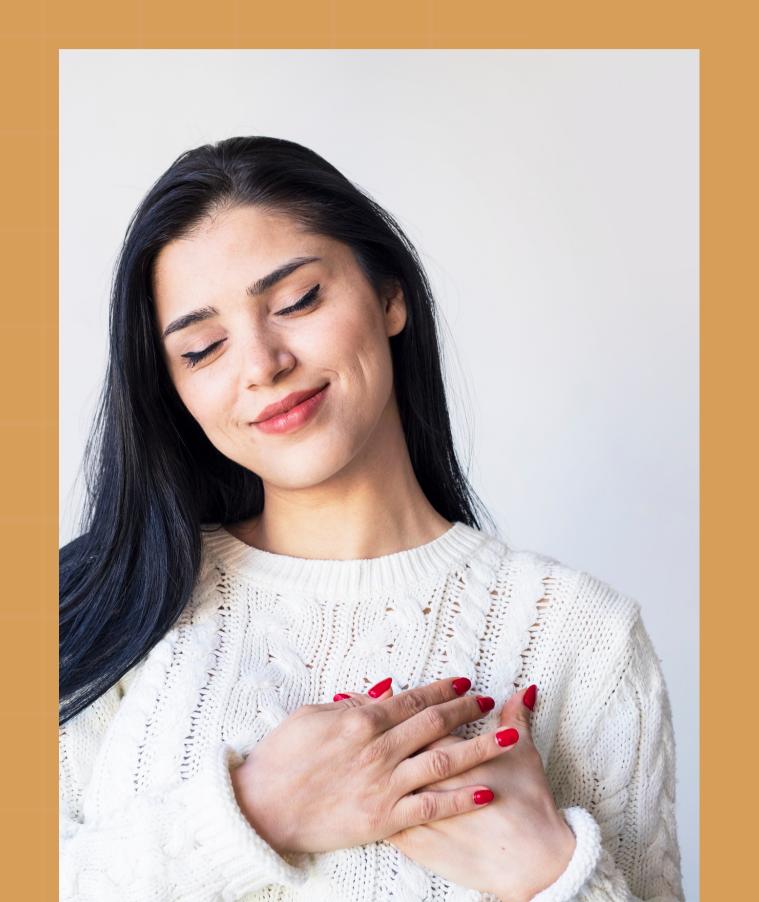
## Compassion involves

- ACKNOWLEDGMENT OF PAIN
- UNDERSTANDING PAIN/SUFFERING
- EMPATHY
- ACCEPTANCE OF THE PERSON WHO SUFFERS
- THE WISH THAT SUFFERING MAY DECREASE

# Self-compassion



Self-compassion is simply compassion directed inward, relating to ourselves as the object of care and concern when faced with the experience of suffering.

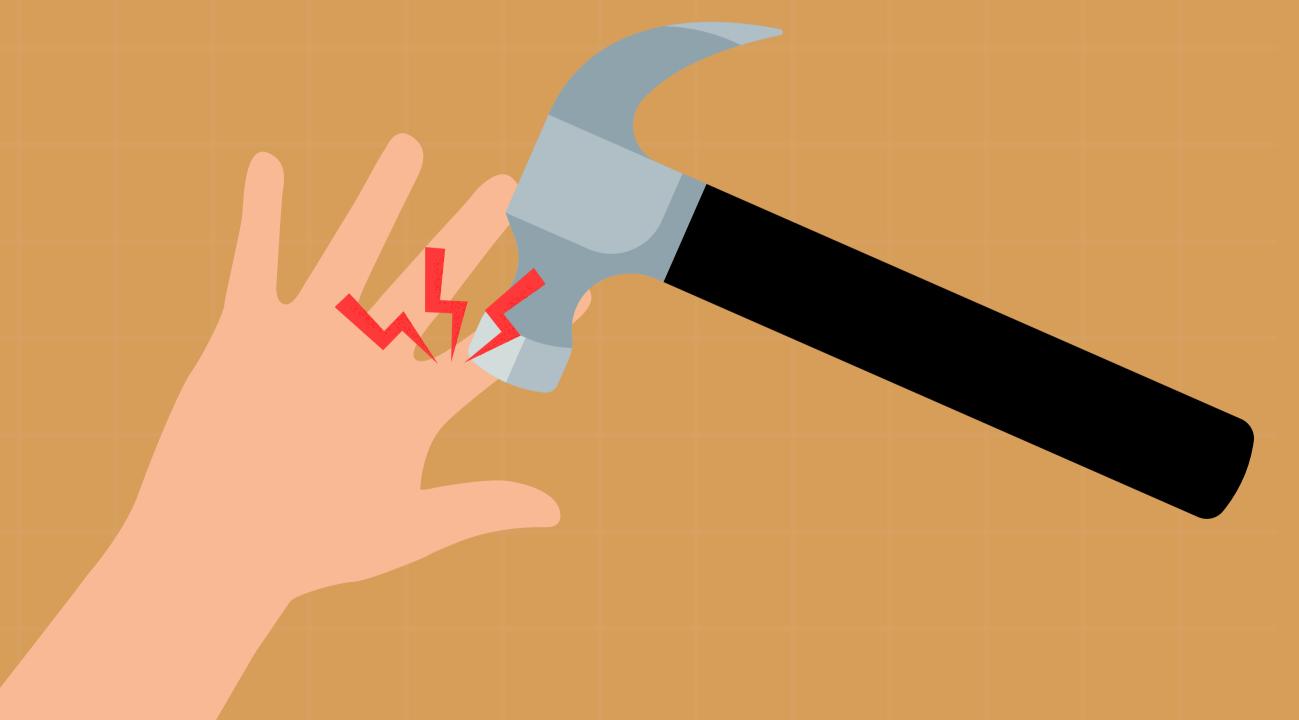


# What self-compassion is not

#### **SELF-PITY:**

- "POOR ME"
- ISOLATED FROM ALL THE REST
- EMOTIONAL TUNNEL VISION

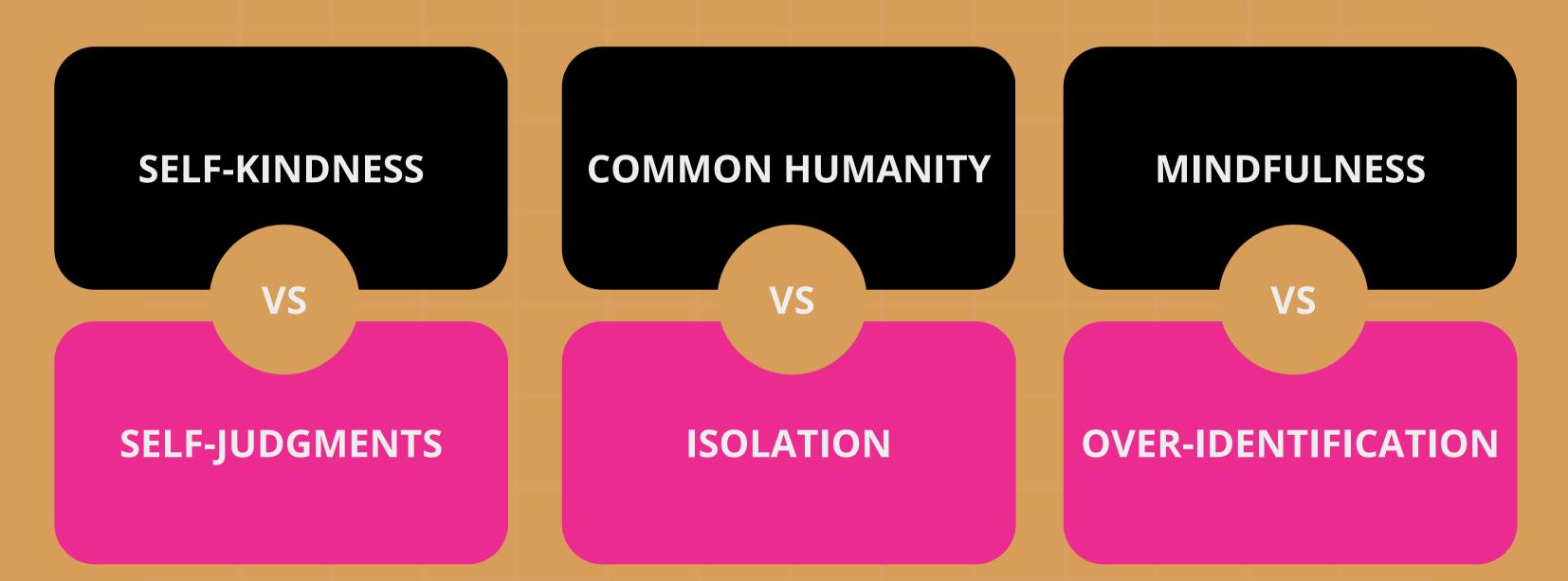
What self-compassion is



# Self-compassionate voice

- I TRIED MY BEST
- I AM JUST LIKE EVERYBODY ELSE, JUST A HUMAN BEING
- I NEVER SIGNED A CONTRACT TO BE PERFECT
- I LEARNED SOMETHING
- NEXT TIME, WE DO IT DIFFERENTLY

### 3 components



### Kindness

#### Hard

judgmental, harsh

attacking the self

continuing no matter what

external focus to solve the problem

#### Kind

caring and understanding

accepting the self

stopping

internal focus to heal the self

## Common Humanity

#### Isolation

feeling as if this could only happen to you

feeling isolated from other who live a "normal" happy life

#### Connection

experiencing that everybody fails and makes mistakes

feeling connected with others

# Mindfulness

#### Unwareness

no pause

believing negative self-stories to be true

judgment and punishment

#### Mindfulness

stopping
observing negative
self-stories

aware of judgment and punishment

5.
THE IMPORTANCE

of Self-compassion



### Intrapersonal effects

- **DESCRIPTION**LOWER LEVEL OF ANXIETY AND DEPRESSION
- **LESS RUMINATION AND THOUGHT SUPPRESSION**
- **SETTER INSIGHT IN FEELINGS AND COPING WITH NEGATIVE FEELINGS**

### Interpersonal effects

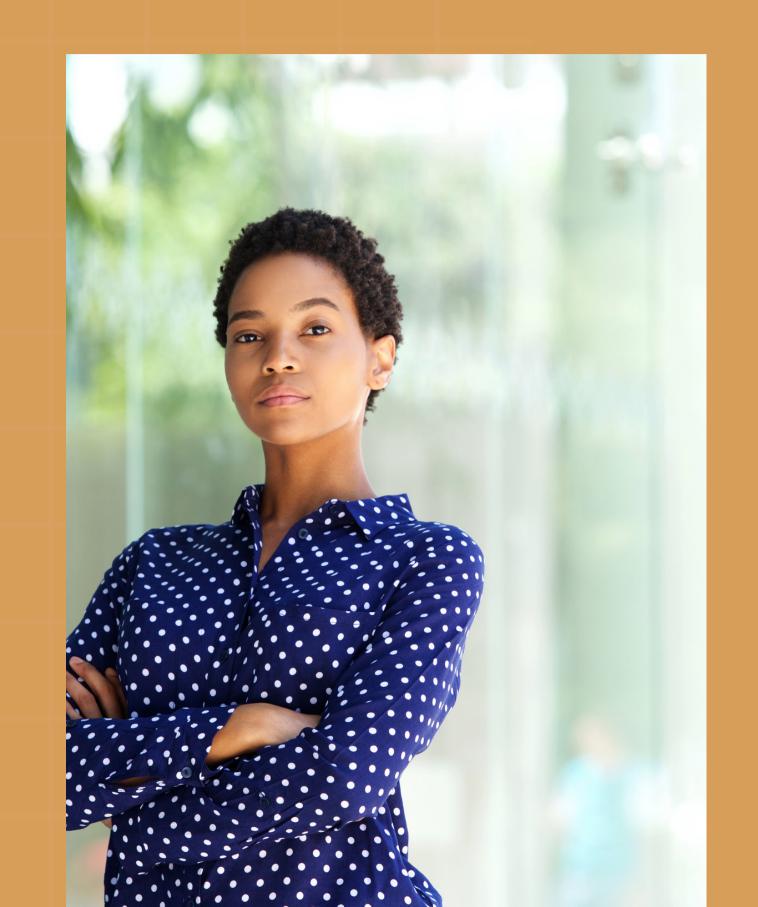
- MORE EMOTIONALLY CONNECTED, ACCEPTING, AND AUTONOMY SUPPORTING
- > HIGHER RELATIONSHIP SATISFACTION
- **LESS NEED TO PROJECT FAULTS ONTO PARTNERS VIA ANGRY ACCUSATIONS**

#### 3. THE IMPORTANCE OF SELF-COMPASSION

# Critique

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A common reason for people to reject the idea of self-compassion is that they believe that it will cause a lack of motivation to address personal shortcomings.



# Motivational effects

- SOURCE OF SOURCE
- MORE INTERNAL REASONS FOR MOTIVATION, NOT SOCIAL APPROVAL
- **SECOND SECOND S**

#### 3. THE IMPORTANCE OF SELF-COMPASSION

### Motivation

#### **Emotion-based self-attack**

the wish to punish and judge

anger, frustration

focus on complete self

focus on prevention and fear of failure

#### Compassionate self-correction

the wish to improve

support

focus on specific aspect(s) of self

focus on growth and hope for success



For your attention!

