

SESSION 6

*Compassion*

# O U T L I N E

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## This Presentation

**1. THE INNER CRITIC**

**2. SELF-COMPASSION**

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



1.

THE INNER

*Critic*





# 1 . T H E I N N E R C R I T I C

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## 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.**



# 1 . T H E I N N E R C R I T I C

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## Exercise

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

# 1 . T H E I N N E R C R I T I C

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## Words

- **ACCUSATORY**
- **REPROACHFUL**
- **ATTACKING**

# 1 . T H E I N N E R C R I T I C

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## Tone

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



# 1 . T H E I N N E R C R I T I C

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## Feelings

- FAILURE
- SHAME
- GUILT
- INFERIORITY
- FEAR

# 1 . T H E I N N E R C R I T I C

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(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”**

# 1 . T H E I N N E R C R I T I C

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(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."**



# 1 . T H E I N N E R C R I T I C

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(External)



*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"*





# 1 . T H E I N N E R C R I T I C

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## A definition



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



# 1 . T H E I N N E R C R I T I C

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## 3 types of messages

*IMPERATIVE*  
*"YOU SHOULD"*

*DISAPPROVING*  
*THOUGHTS,*  
*FEELINGS AND*  
*BEHAVIOR*

*NEGATIVE*  
*PREDICTIONS*



# 1 . T H E I N N E R C R I T I C

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## *Intrapersonal consequences*

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

- **DEPRESSION**
- **SOCIAL ANXIETY**
- **DRUG ADDICTION**
- **EATING DISORDERS**

# 1 . T H E I N N E R C R I T I C

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## *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**

# 1 . T H E I N N E R C R I T I C

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## Possible cause



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





# 2.

*Self-compassion*





## 2 . S E L F - C O M P A S S I O N

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# Compassion



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



## 2 . S E L F - C O M P A S S I O N

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*Compassion is not...*

### **CO-SUFFERING:**

- **MEANS 2 PEOPLE ARE SUFFERING**
- **VICTIMIZING SOMEONE**

## 2 . S E L F - C O M P A S S I O N

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### *Compassion involves*

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



## 2 . S E L F - C O M P A S S I O N

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# 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.*



## 2 . S E L F - C O M P A S S I O N

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*What self-compassion is not*

### **SELF-PITY:**

- **“POOR ME”**
- **ISOLATED FROM ALL THE REST**
- **EMOTIONAL TUNNEL VISION**

## 2 . S E L F - C O M P A S S I O N

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*What self-compassion is*



## 2 . S E L F - C O M P A S S I O N

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### *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



## 2 . S E L F - C O M P A S S I O N

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*3 components*

**SELF-KINDNESS**

**VS**

**SELF-JUDGMENTS**

**COMMON HUMANITY**

**VS**

**ISOLATION**

**MINDFULNESS**

**VS**

**OVER-IDENTIFICATION**

## 2 . S E L F - C O M P A S S I O N

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### *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

## 2 . S E L F - C O M P A S S I O N

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### *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

## 2 . S E L F - C O M P A S S I O N

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### *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



3.

THE IMPORTANCE

*of Self-compassion*





## 3 . T H E I M P O R T A N C E O F S E L F - C O M P A S S I O N

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### *Intrapersonal effects*

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

### 3 . T H E I M P O R T A N C E O F S E L F - C O M P A S S I O N

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## *Interpersonal effects*

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

## 3 . T H E I M P O R T A N C E O F S E L F - C O M P A S S I O N

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### *Critique*



*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.*





## 3 . T H E I M P O R T A N C E O F S E L F - C O M P A S S I O N

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### *Motivational effects*

- **GREATER PERSONAL INITIATIVE TO MAKE NEEDED CHANGES IN ONE'S LIFE**
- **MORE INTERNAL REASONS FOR MOTIVATION, NOT SOCIAL APPROVAL**
- **GREATER INTRINSIC RATHER THAN EXTRINSIC MOTIVATION**

### 3 . T H E I M P O R T A N C E O F S E L F - C O M P A S S I O N

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## *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

# THANK YOU!

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*For your attention!*

