## Self-compassion

Many of us learned growing up that self-esteem was an important component of well-being and that we should learn to embrace aspects of ourselves that we excel at, in order to feel good about ourselves. Research has shown, however, that this can create problems down the line as we begin to identify too closely with our accomplishments. What happens to our self-worth if we fail at something? What happens if we have two failures in a row?

Self-compassion (Neff, 2011) helps to develop self-worth, but also create a buffer against failure. When things are going badly, this model can help improve your resilience.



When something isn't going well for you, reflect on the following:

What challenge are you dealing with right now?			
What would you tell a friend who was in a similar situation as you are now?	Have other people gone through this challenge? How did they fare on the other side?		What are you feeling right now? Describe those feelings without judgement.
What are three things you can do to be kind to yourself today?		What or who are you grateful for, despite this challenge?	
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