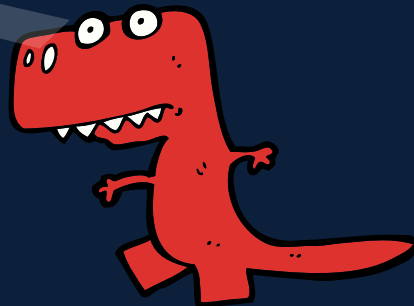


# SELF-COMPASSION

## A TINY GUIDE



*Based on the work of Dr. Kristin Neff*

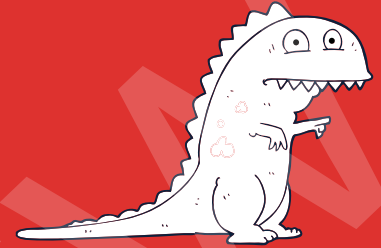
CREATING  
A CULTURE  
OF DIGNITY

# SELF-COMPASSION

is choosing to turn  
towards your suffering  
with kindness and  
empathy.



# SELF-CRITICISM



Is normal and a hard pattern to break.

Is an unhealthy way to rationalize feeling like you don't deserve any better.

Since it's so common for people around us to criticize, we can convince ourselves it is normal and acceptable.



# 2. AVOIDS DEPENDING ON OTHERS FOR APPROVAL

When you respond to your struggles with compassion, you don't rely on success and approval from other people to confirm your self-worth.

