

10th anniversary edition with a new foreword

# Self-Compassion

the proven power  
of being kind  
to yourself



'A transformative read'  
Brené Brown

KRISTIN NEFF, PhD

## Self Compassion Book Highlights

**Self compassion is treating oneself with the same,  
warmth , care and concern that we'd show to a  
good friend**

**If you are continuously judging and criticizing yourself while trying to be kind to others, you are drawing artificial boundaries & distinctions that only lead to feelings of separation and isolation**

**Compassion is relevant to those who are blameless victims but also those who suffer from failures, personal weaknesses, and bad decisions.**

**Self-compassion doesn't mean "My problems are bigger than yours but just - I think my problems are *also* important and worthy of being attended to."**

# The Metaphor Of Alchemy

**In the book “Emotional Alchemy: How The Mind Can Heal The Heart”, Goleman uses the metaphor of alchemy to symbolize the spiritual and emotional transformation that’s possible when we face our pain with concern**

## Write Yourself A Letter

**Write yourself a letter but from the perspective of an imaginary friend.**

**Focus on the perceived inadequacy you judge yourself for.**

**What would this friend say to you about your ‘flaw’ with utmost compassion? How would this be? friend convey the deep compassion they feel for you?**

**Focus on what the friend says to you when you judge yourself harshly.**

**What would they say to remind you that you are only human and that all have their strengths & weaknesses?**

**What would they suggest you?**

**When we always see the worst in others, our perception is clouded by negativity.**

**People with critical parents or any significant figure (grandparents, coach, teacher, sibling) often grow up to be critical of others and themselves as they internalize their criticisms.**



## Healthy & Unhealthy Self- Deprecating Humor

**The first indicates that someone is self-confident enough to poke fun at them.**

**The second one reveals deep-seated insecurities about personal worth and value.**

# Self-Verification Theory

**It is when people want their views to be validated as it helps them provide a sense of stability in their lives.**

**Even people with strong negative valuations follow this pattern. They seek to interact with people who dislike them so that their experiences are more familiar- that's why people attract the wrong partners.**

**The best way to counter self-criticism is to understand it, have compassion for it, and then replace it with a kinder response**

**Choose to relate with your kindness and not contempt and that is highly pragmatic**

**Notice what you're feeling and perhaps give yourself a HUG**

# The 3 Components

**Self-compassion has 3 components**

**Self-Kindness**

**Common Humanity**

**Mindfulness**

**See yourself with compassion rather than a problem that needs to be fixed.**

**Allow yourself to see yourself as a valuable human who is worthy of care**

**Use a sympathetic rather than a judgemental talk with yourself**

**Work on your inner critic**

**Use a journal or internal dialogue.**

**You can speak aloud to yourself or be silent**

**Do whatever works with you because self-esteem is derived from thinking we're good at things that hold significance for us**

# Disclaimer

**This is just a summary. For a better understanding,  
reading the book is highly recommended**

**This summary is as per my interpretation and learning**

**Please excuse any errors**

**Thank You For Reading**

**For more updates, follow**

**[www.unleashtheyou.com](http://www.unleashtheyou.com)**