

# MISCONCEPTIONS OF SELF- COMPASSION

## "SELF-COMPASSION IS A FORM OF SELF-PITTY"

Self-compassionate people accept and understand that life will throw everyone curve balls, not just them. While self-pity emphasizes a "poor me" attitude, self-compassionate individuals recognize that things happen to everyone so the least you can do is be kind to yourself while working through obstacles.



## "SELF-COMPASSION MEANS WEAKNESS"

A lot of us feel we have to be strong and not allow our natural human emotions to get the "best of us."

Self-compassion is actually one of the most powerful and beneficial source of resilience and coping available to us!



## "SELF-COMPASSION IS NARCISSISTIC"

Self-compassion is not the same as self-esteem. Self-esteem is an evaluation of self-worth while self-compassion is having overall acceptance and kindness for yourself.



## "SELF-COMPASSION IS SELFISH"

The relationship you have with yourself is very important as it will play a role with the relationships you have with others. In order to be able to care for others and demonstrate compassion towards them, it is important to care for yourself and show yourself the same love you give to others. Studies show self-compassionate people are more caring and supportive in their relationships.

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