Twitter Thread by Spencer Greenberg ■



Spencer Greenberg ■
@SpencrGreenberg

Ten components of being compassionate to yourself:

1. Self-friendship: treat yourself at least as well as you would treat a friend who is going through the same situation

[thread]

2. Worthiness: remember that you have value (as all people do), and that your happiness and preferences matter.

3. Self-talk: notice when you are saying something mean to yourself (aloud, or in your head), and rephrase it in a gentler, kinder, more considerate way.

4. Connectedness: reflect on the fact that, whatever challenge you are facing, there are others who are also facing a similar challenge. You are not alone in your pain.

5. Change: note that everything changes with time. If you are dealing with feelings that are difficult to stand at this moment, they will subside. This too shall pass. Things are usually not as important or permanent as they seem to us in the moment that we are focused on them.

6. Self-empathy: orient towards yourself with tenderness, understanding and compassion, especially when you are suffering. Take on the perspective that you would towards a child or loved one that was hurting.

7. Self-acceptance: remember that you, like all people, will always have flaws, and that's okay. Being imperfect is just part of being human. You can fully accept yourself, flaws and all, and still aim to continuously improve.

8. Self-patience: note that everyone has their off days, including you. You'll have times when you mess things up, don't get anything done, act in ways you regret, and so on. Be patient with yourself, as that usually works out better than being angry at yourself.

9. Self-like: remember all the good things about you. Remember your greatest strengths. Remember why other people like and love you. There are good reasons to like yourself, but you may need to actively work to remember them.

10. Self-observation: notice how you are actually doing. Carefully observe the difficult thoughts and feelings that you are having. Note what they are, without trying to escape them. What words run through your mind? How exactly do you feel, in your mind and in your body?

Heavily inspired by Kristin Neff (@self_compassion)

See her website, book: https://t.co/Brk3BQfBSX
And her scale:
https://t.co/VAQnMvNx9d