



**Beril Barlas**



# WAYS TO PRACTICE Self-Compassion

01. FORGIVE YOURSELF

02. ASK WHAT YOU CAN LEARN

03. EXPRESS GRATITUDE

04. ACT GENEROUSLY

05. BE MINDFUL





# Self-Compassion

IS...

\*CHOOSING  
TO BE  
LOVING  
VERSUS SELF-  
CRITICAL

\*UNDERSTANDING  
YOU'RE NEVER  
ALONE IN YOUR  
PAIN

\*NOTICING  
AND FEELING  
YOUR  
STRUGGLE  
VERSUS  
REACTING  
TO IT



# Mindfulness

is not just about paying attention, but also about how you pay attention.



\*WITH  
KINDNESS



\*WITH  
COMPASSION



\*WITH LOVE



\*WITH  
GENTLE  
CURIOSITY



\*WITH  
OPENNESS




\*WITH HUMOR



# What Self-Compassion IS NOT ...

\*WEAKNESS (PEOPLE HIGH  
IN SELF-COMPASSION  
COPE BETTER WITH  
DIFFICULTIES)

\*SELFISH (SELF-  
COMPASSION INCREASES  
COMPASSION FOR  
OTHERS)



\*SELF-PITY (SELF-  
COMPASSION IS  
CORRELATED WITH SELF-  
ESTEEM)

\*SELF-INDULGENT (SELF-  
COMPASSION SPURS  
MOTIVATED,  
COMPASSIONATE ACTION)