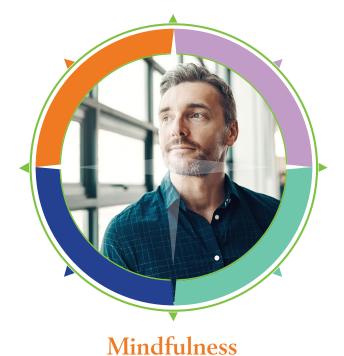
What Is Self-Compassion?



Self-KindnessBe loving towards ourselves instead of self-critical.



Common Humanity
Everyone suffers. You are
not perfect. No one is.
You are not alone.



Notice our struggle. Feel it, instead of being reactive.

Be with it, avoiding self-judgment or overreaction.

When you feel like you have fallen short, how do you practice self-compassion?