# 12@12 - Create An Inner Ally

## Slide 1 What do you say to yourself when you:

## make mistakes

## fall short of your expectations

## mess up in some way ?

## Slide 2 So why are we so mean to ourselves?

## Does it work?The Evidence says NO

## We become afraid of our own self criticismsWe avoid new challenges

## So it has the opposite effect to what we wantedSlide 3

## “When we treat others with respect and caring, the best in them usually comes out.

## Much the same would happen if we could treat ourselves in the same way.

##  Yet most of us are better friends to others than we are to ourselves.”

## Rick Hanson

## Slide 4

## Self Compassion treating ourselves with the same kindness and care we ‘d give to a good friend or loved oneEvidence it’s a powerful way

## to cope with stress

## boost wellbeing & resilience

## avoid burnout

## Slide 5

Notice our self-criticisms in a balanced way – don’t ignore or exaggerate (mindful awareness & acceptance)

Remind ourselves it’s just part of being human. Rather than feel disconnected it connects us with others

## Show yourself some caring and unconditional acceptance. Say to yourself what you would say to a close friend or loved one.

## Slide 6

## Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?

## Dr Kristin Neff

## Slide 7 Want to find out more?

## Kristin Neff

## [Self-compassion.org](https://self-compassion.org/)

## Tara Brach

## [RAIN of Self-compassion](https://www.tarabrach.com/selfcompassion1/)