Navigating Your Mind-Monkeys Through Meditation

Three Elements of Self-Compassion***

1. **Common Humanity vs. Isolation:**
   Life is hard. This is true for everyone and something we have in common. It’s normal to fail. We are not alone.

2. **Self-Kindness vs. Self-Judgment:**
   Being imperfect is inevitable. Being gentle with ourselves rather than beating ourselves up helps us be calmer and bounce back more quickly.

3. **Mindfulness vs. Over-Identification:**
   This means being aware of our negative thoughts and emotions rather than ignoring them or exaggerating them. Just observing and acknowledging the reality is important. However, while we can’t ignore our pain, we also don’t need to overidentify with it.

***Christine Neff, PhD
www.self-compassion.org

How can I be more self-compassionate?

- It starts with awareness. Meditation helps. Then to practice some new skills!
  - Notice your self-talk and learn to reframe it.
  - Take a breath if you hear yourself being negative, then reword that thought.
  - Say to yourself “Failure is a normal part of being human. Maybe it wasn’t great, but if I get some help, I’ll bet I could improve next time.” This part takes skill and practice.

Don’t I need to be self-critical to succeed?

NO! Actually the opposite is true. When people are self-compassionate they tend to have greater emotional well-being, lower rates of anxiety and depression, and healthier relationships. Being self-critical tends to hurt performance by causing people to fear failure and to “choke” under pressure. Self-criticism leads to people to giving up. It can even make us lose touch of what we really want because we are unkind to ourselves as we learn new things.

What Best Describes your Relationship Stress?**

<table>
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<th>None, Life is wonderful</th>
<th>Issues with Coworkers</th>
<th>Issues with Family</th>
<th>Issues with significant other</th>
<th>Issues with friends</th>
<th>Issues with myself</th>
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<td>19%</td>
<td>18%</td>
<td>2%</td>
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The Stall Hopper!

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"Treating one’s self with care and concern when confronted with personal inadequacies, failures, mistakes, and painful life situations.**


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