

# The Power of Unconditional Self-Compassion

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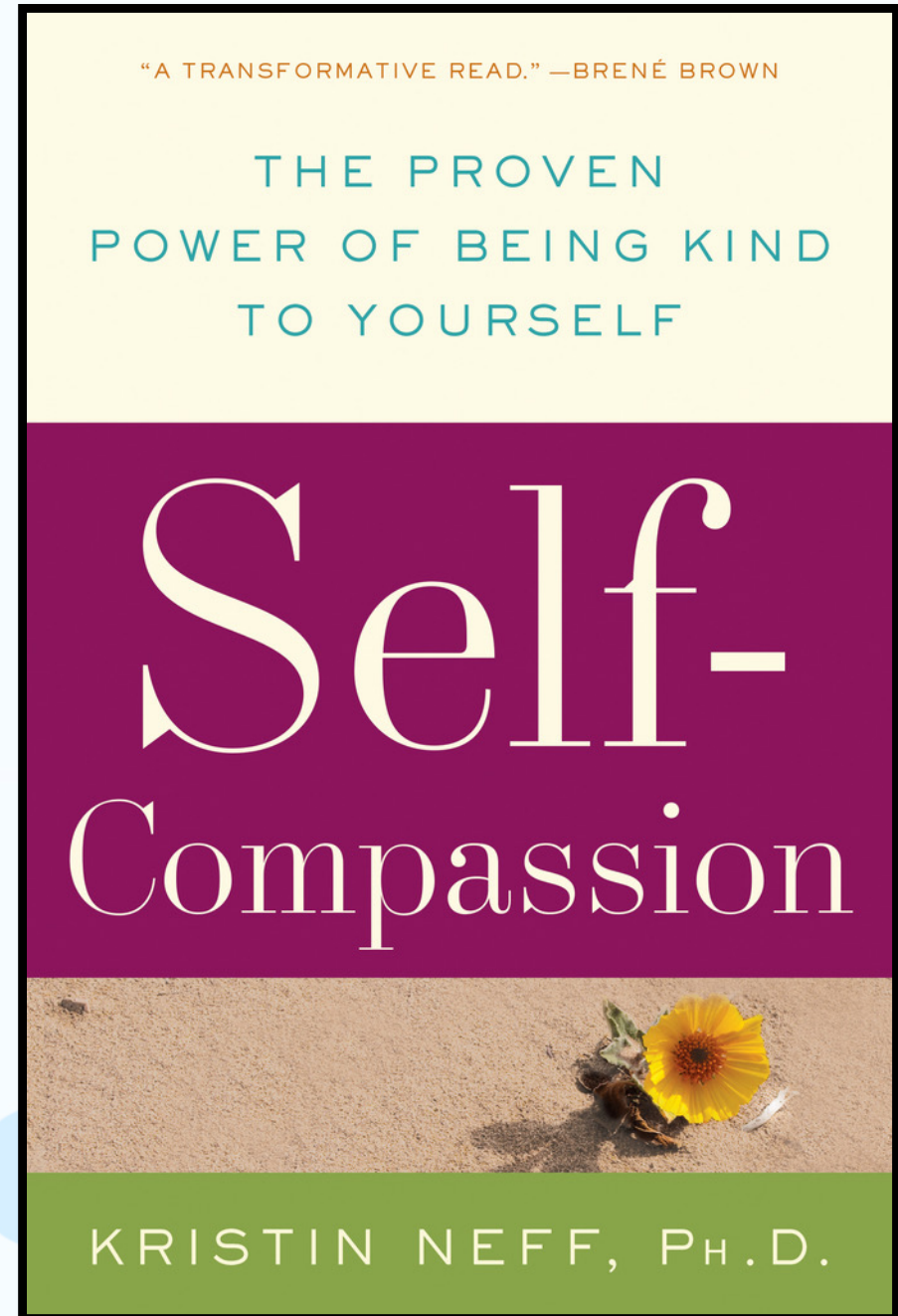


**Boundless Love Project**

*Creating a global Beloved Community where all life thrives*



Dr. Kristin Neff



# Unconditional Self-Worth Defined

Unconditional self-worth says that all life, including our own, has inherent value and worth, and deserves respect, kindness, and compassion.



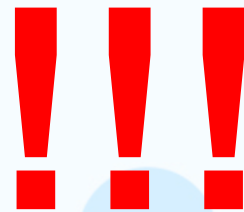
# Conditional Self-Worth Defined

Conditional self-worth says our worth and value is based on our skillfulness, success, and/or our approval from others.



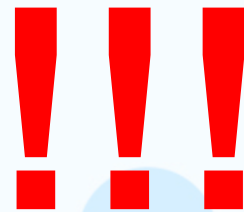
# Self-Image Defined

Self-image is our collection of thoughts about ourselves.



# Confirmation Bias Defined

The mind actively seeks, prefers, remembers, and interprets information to help validate the beliefs it already holds, while dismissing facts and evidence that would contradict these ideas or point to other ideas.



# **Self-Compassionate People (In contrast to self-judgmental people):**

- Have less depression and anxiety.
- Relate to problems with more perspective and wisdom.
- Have more emotional intelligence and more emotional coping skills.
- Live more balanced lives.
- Procrastinate less.



# Self-Compassionate People (In contrast to self-judgmental people):

- More authentic and genuine.
- More focused on personal growth.
- More courageous and willing to challenge themselves.
- More enthusiastic, interested, inspired, and excited about their lives.
- More intrinsically motivated.
- Less aversive and more allowing of difficult thoughts and emotions.
- Less afraid of failure because they see failure as part of learning and growth.





# **When life gives you a kick, try the self-compassion of MICK.**

M = Mindfulness of suffering.

I = Intentions of love.

C = Connect with humanity and all life.

K = Kindness towards ourselves.



# Mindfulness Defined

“Mindfulness refers to the clear seeing and nonjudgmental acceptance of what’s occurring in the present moment. Facing up to reality, in other words. The idea is that we need to see things as they are, no more, no less, in order to respond to our current situation in the most compassionate--and therefore effective--manner.” – Dr. Kristin Neff

