

# What Is Self-Compassion?

## Section 2



### Self-Kindness

Be loving towards ourselves instead of self-critical.



### Common Humanity

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



### Mindfulness

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?