

How to Get Better At Self-Compassion

With self-compassion exercises, we can begin to rewire the conditioning that leads us to judge ourselves rather than show compassion. Our focus on judgment over compassion is driven by natural selection, society, religion, and sometimes our parents and friends.



1. Develop your awareness.

Recognize negative self-talk when it arises. This part's hard. You may not have any idea how negative your self-talk is until you bounce it off of someone else. That's why it can be so helpful to talk through your problems with a trusted friend or partner.

2. Flip the script to self-kindness

Journaling is one way to do this in the early days, before you've built up a mental reflex to notice criticism and change it to compassion.

3. Treat yourself as you would a dear friend.

Imagine a dear friend coming to you with the difficult feelings and negative thought patterns you're experiencing. Aim to be as kind to yourself as you would to a close friend or a child.

4. Remind yourself that you're not alone in making mistakes.

Although dealing with difficult emotions can be hard—especially when you feel like you deserve them—remember that you don't have a monopoly on doing things that hurt others, on failure, or on feelings of inadequacy. What you're going through are universal human experiences.

5. Practice mindfulness. Mindfulness helps to build your skills of awareness and non-judgment. Over time, this can help you stop overthinking and over-identifying with negative thought patterns.