



kindful

PSYCHOLOGY

HOW TO BE

# Self-Compassionate

## How Do I Treat a Friend?



**78%**  
OF PEOPLE  
are tougher on themselves than on friends in tough times.

**16%**  
OF PEOPLE  
treat themselves as kindly as they would a friend.

**6%**  
OF PEOPLE  
are kinder to themselves than others.

## The Self-Compassion Break Exercise

### Mindfulness

Mindfulness helps us to know that we are struggling.



### Self-Kindness

Life can be difficult, be gentle & kind with ourselves like with a friend.



### Common Humanity

Common humanity says that struggle is part of the human journey.



Associated with a stable, internally derived sense of self-worth. It offers care, validation, and support through both challenges and successes.

Self-Compassion

Self-Esteem

A fair-weather friend who abandons us when life gets tough. Is also based on external sources of our self-worth.

