

Self-Compassion

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As far as self-compassion is concerned, I think that I do not practice self-compassion. This is attributed to the fact that I have always found myself not directing empathy, concern, love and associated emotions to myself, accepting myself especially when I fail. One of the examples to support this stipulation is that I usually blame myself whenever I try hard to accomplish a task but the product is not as good as what I intended to achieve. Another supportive evidence is that when I make a mistake in public I start feeling ashamed or guilty.

I opted to conduct exercise one, which focuses on how I would treat a friend (Neff, 2015). This exercise was attractive as it enabled me to evaluate Kristin Neff's common humanity aspect of self-compassion. This is critical as it assisted in acknowledging the fact that suffering is a normal aspect of life. Additionally, it was vital in providing a benchmark on how I am supposed to treat myself when faced with a similar situation. Accordingly, I conducted the exercise from Monday to Friday in the evening. The experience of practicing self-compassion was one of a kind as it enabled me to move forward continuously as I did not experience regret about the decision I made. Additionally, I managed to feel good about myself and enact value in the face of competing demands and anxiety.

In conclusion, based on the self-compassion practice, I would definitely consider incorporating the practice into my daily routine. With this practice, I will be in a position to take care of myself and be comfortable whenever I am facing difficult times, failing or noticing a personal attribute that is inappropriate.

Reference

Neff, K., (2015). Self-Compassion Exercise 1: How would you treat a friend?. *Self-Compassion*.

Retrieved from <http://self-compassion.org/exercise-1-treat-friend/>