

Shared learnings from Fierce Self-Compassion Webinar by Dr. Kristin Neff

Mel Edley

The 3 components of self-compassion



Fierce vs Tender Self-Compassion

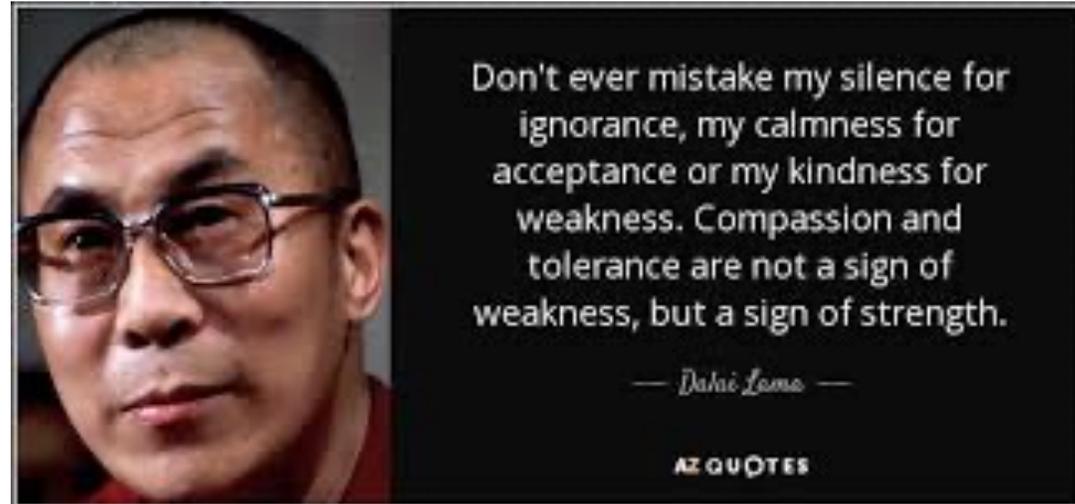


	Yin: Tender Self-Compassion	Yang: Fierce Self-Compassion
Kindness	Comforting and soothing ourselves	Bravely protect ourselves, draw boundaries
Common Humanity	Reassuring ourselves we aren't alone	Finding strength in numbers
Mindfulness	Being present and validating our pain	Clearly seeing and speaking the truth
Feels like	Loving, connected presence	Brave, empowered clarity

Self Compassion and Gender Socialisation

- Men socialized to be fierce but not tender
 - Empowers men
 - Harms emotional intelligence
 - Women socialized to be tender but not fierce
 - Disempowers women
 - Discomfort with anger
 - Less self-compassion
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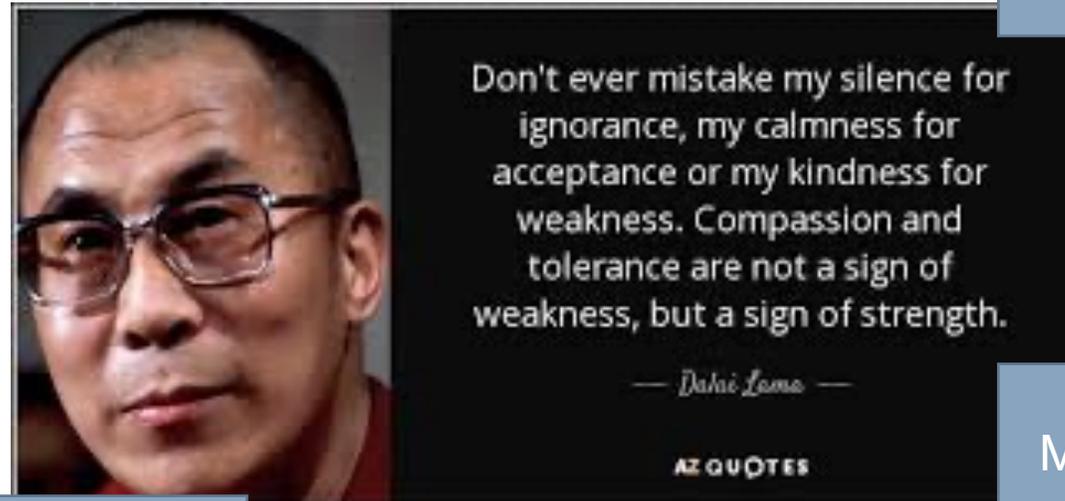
Compassion : Weakness or strength?



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Reduces fear of failure; increases persistence



More likely to eat well, exercise, take care of ourselves

More resilience in challenging situations



Fight Responses

Attack, Rage, Anger, Irritability

Internally: Self-criticism



Flight

Run, Panic, Fear, Anxiety

Internally: Isolation



Freeze Responses

Hide, Shut down, Detached, Stuck

Internally: Rumination

FIGHT, FLIGHT & FREEZE

Destructive Anger

It's reactive, causes harm and does not see clearly (think 'seeing red').

"I know what's right
– why don't people
just listen to me?"

"Everyone here
is incompetent"

Constructive Anger

Is impersonal, focusing on the threat, not an individual. Seeks to repair or protect from harm, sees clearly. Allows us to 'be with' and heal underlying wounds.

"We all make
mistakes – me
included!"

"Everyone has their own
perspective on the truth. I
need to listen openly to these
before making a judgment"

Inside is where you have to look.....

- In the words of Ruby Wax (from 'A Mindfulness Guide for Survival p.39).
 - “If you want to understand evil, terror, love war revenge, inside is where you have to look. We’re all carriers, however hard we try to point the finger at everyone else. If we become aware of these dark materials, we’ll be able to choose how to express them, rather than unconsciously project them onto some innocent person.”
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