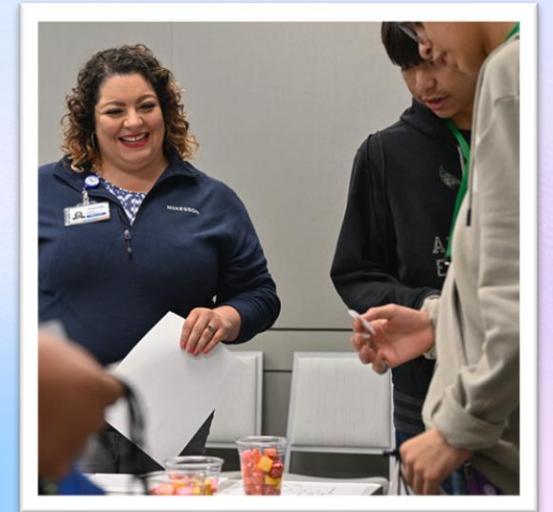




# SELF WORTH & COMPASSION

# INTRODUCTION



# AGENDA

1. Introduction to key terms
2. Define self-worth & self-compassion
3. Describe how to cultivate self-worth
4. Formulate what self-compassion looks like
5. Summary

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# DIFFERENTIATING TERMS

## SELF-ESTEEM

Derived from:

- Abilities
- Accomplishments
- Social positions
- Achievements

## SELF-WORTH

Distinct from abilities & accomplishments

- Not about comparison
- Sense that you deserve:
  - To be loved
  - Cared for
  - Take up space

## SELF-ACCEPTANCE

Act of embracing every aspect of yourself — strengths and weaknesses.

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“

**Love and compassion are necessities, not luxuries.**

**Without them humanity cannot survive.**”

-Dalai Lama



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# INTRINSIC VS EXTRINSIC VALUE

## INTRINSIC

- inherently rewarding
- Include creativity, activities around social justice and connection with nature

## EXTRINSIC

- centered on external approval or rewards
- for instance: wealth, social status, self image and personal security

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# **CULTIVATING SELF-WORTH**

**FORGIVE YOURSELF**

**PRACTICE SELF ACCEPTANCE**

**BE THERE FOR YOURSELF**

**CONNECT TO SUPPORTIVE PEOPLE**

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FORGIVE  
YOURSELF



# THE 4 R'S OF SELF-FORGIVENESS

1. Responsibility
2. Remorse
3. Restoration
4. Renewal



Verywell / Brianna Gilmartin

# 1. ACCEPT RESPONSIBILITY

- Acknowledge Internally.
- Put your past behind you.



## 2. EXPRESS REMORSE

- Admit to wronged party/victim.
- Declare understanding.
- Establish Boundaries.



## 3. RESTORATION

### REPAIR THE DAMAGE AND RESTORE TRUST

- Listen to the other person's anger/hurt feelings.
- Empathize with them.
- Ask what is needed to prevent a recurrence.
- Be conscientious to do all the things listed that show trustworthiness.
- Continue to have open and honest communication.



## 4. RENEWAL

- Accept/Face the issue
- Show compassion



# Affirmations for *Self-forgiveness*

@livingprettyhappy

I am human

I acted in the best way I was  
capable of in that moment

I have grown as a person

I am grateful for increased  
insight & opportunity to make a  
better choice from now on

I accept this about myself

I allow myself to be at peace with  
this

*I forgive myself*

LIVINGPRETTYHAPPY.COM

Image source: <https://livingprettyhappy.com/2021/03/10/how-to-forgive-yourself/>

# BENEFITS OF FORGIVING YOURSELF

- Better Mental Health
- Better Physical Health
- Better Relationships



# CHALLENGES:

## Why is it so difficult to forgive yourself?

Engaging in actions not in line with values/beliefs

Habit of obsessing over past negative events

Unwilling to acknowledge 'wrongdoing'

Overlooking or excusing behavior

# LIMITATIONS & POTENTIAL DRAWBACKS

This model is not intended for people who unfairly blame themselves for something they aren't responsible for...



**LIGHTEN UP ON YOURSELF.  
NO ONE IS PERFECT.  
GENTLY ACCEPT YOUR HUMANESS**

Deborah Day

@LIVINGPRETTYHAPPY

PRACTICING  
SELF  
ACCEPTANCE



WHAT DOES SELF  
ACCEPTANCE LOOK  
LIKE FOR YOU?

# HOW TO 'ACCEPT' YOURSELF

- Forgive yourself
- Practice self-compassion
- Use present moment awareness and mindfulness
- Acknowledge and ♥ your abilities
- Ignore your inner critic
- Connect with loved ones who appreciate you
- Move on from disappointments
- Gain perspective on your limitations

BE THERE FOR  
YOURSELF



# WHAT DOES “BEING THERE FOR YOURSELF” LOOK LIKE?

- Offer yourself comfort
- ‘Sooth’ yourself
- Only use positive/affirming language when speaking to yourself

# HOW WOULD YOU TREAT A FRIEND?

## PART 1



Think about a **close friend** that feels bad/is struggling...

How do you **respond**?

Think about what you typically **do**, what you **say**, and note the **tone** in which you typically talk to your **friend(s)**.

# HOW WOULD YOU TREAT A FRIEND?

## *PART 1*

Think about times when **you** feel bad/is struggling...

How do you **respond**?

Think about what you typically **do**, what you **say**, and note the **tone** in which you typically talk to **yourself**.



# HOW WOULD YOU TREAT A FRIEND?

## PART 3

Did you notice a difference?

If so, **ask yourself why**.

Think about what  
**factors** or **fears**

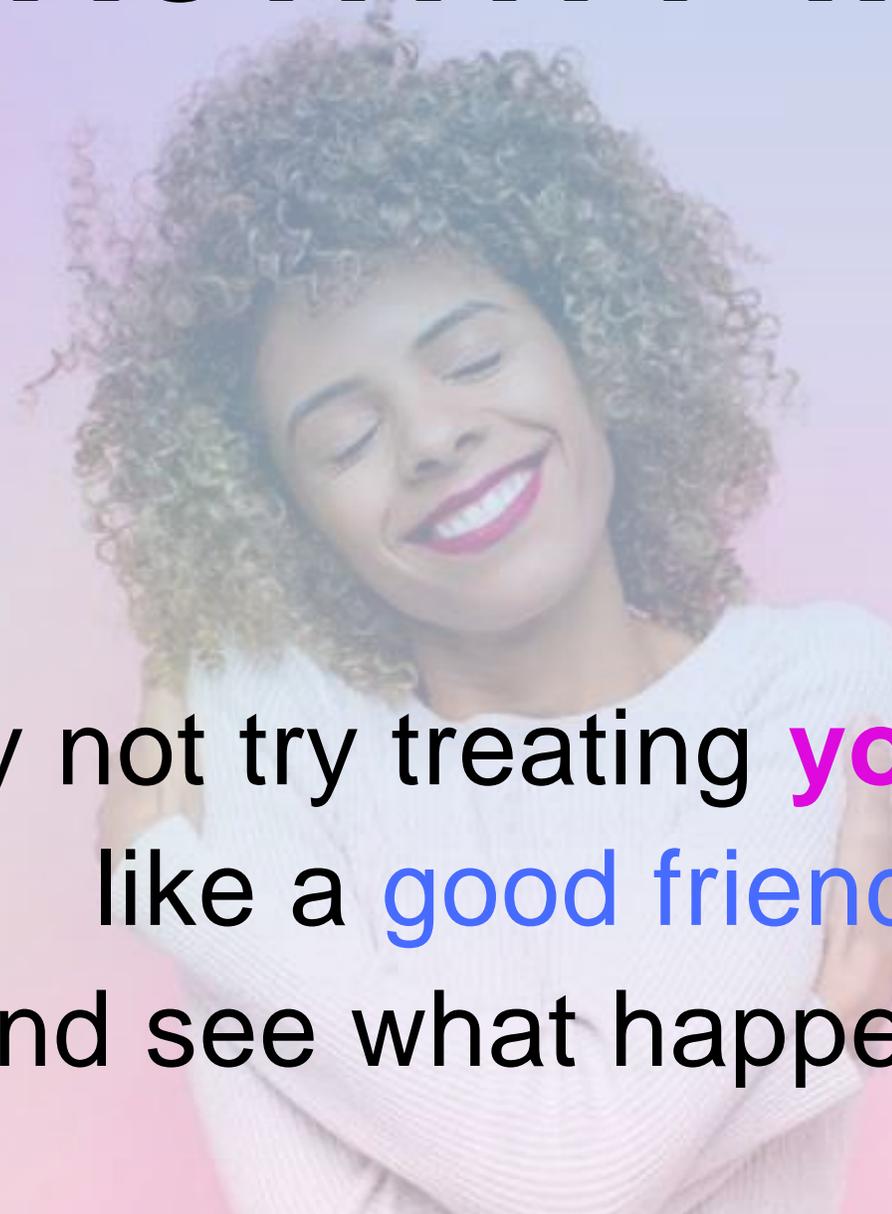
come into play that may lead you to  
treat yourself and others so differently...



““ Talk to **yourself** as you  
would someone you **love.**””

-Brené Brown

# FRIEND ACTIVITY TAKEAWAY

A woman with voluminous curly hair, wearing a white sweater, is smiling and looking down. Her arms are crossed. The background is a soft, light blue and pink gradient.

Why not try treating **yourself**  
like a **good friend**  
and see what happens?

CONNECT  
TO  
SUPPORTIVE  
PEOPLE





WHAT DOES  
“CONNECTING TO  
SUPPORTIVE  
PEOPLE”  
LOOK LIKE  
FOR YOU?

# HOW TO STRENGTHEN SOCIAL CONNECTIONS

- Build strong relationships with your kids
- Get active and share good habits with family and friends
- If you're a family caregiver, ask for help from others
- Join a group focused on a favorite hobby
- Take a class to learn something new
- Volunteer for things you care about in your community
- Travel to different places and meet new people



SELF

COMPASSION

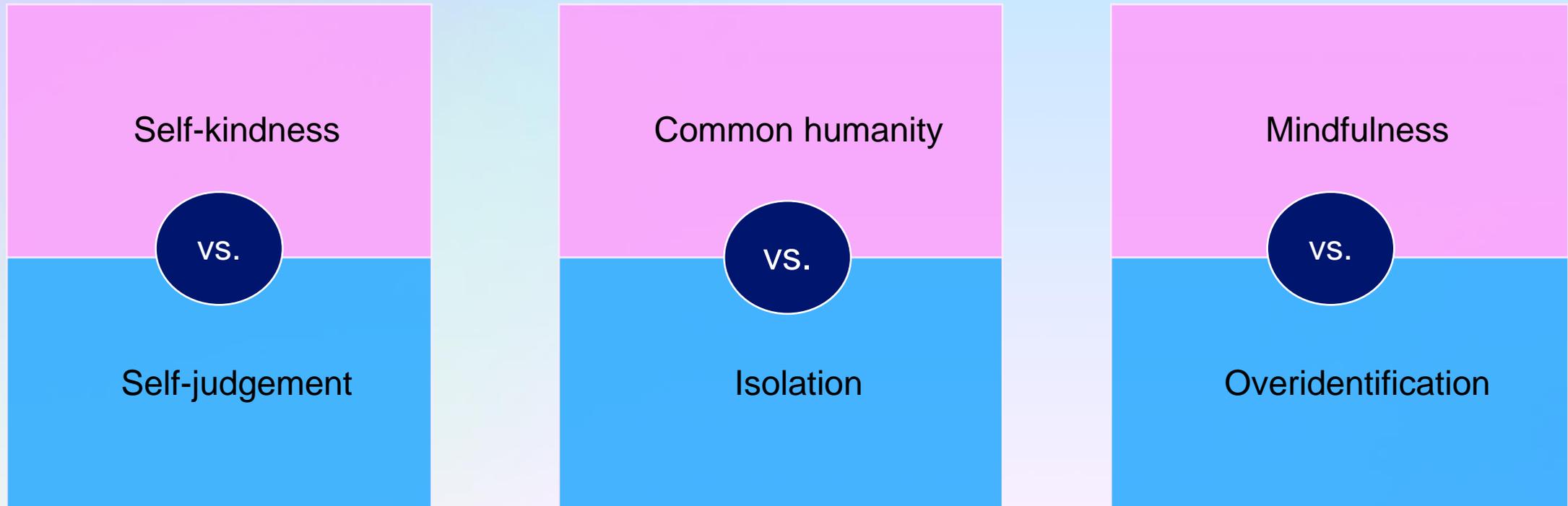




# PRACTICING SELF COMPASSION

- Acknowledge your suffering
- Offer understanding & kindness
- Honor and accept your humanness
- Be open hearted

# THREE ELEMENTS OF SELF-COMPASSION





# HOW TO 'BE MINDFUL'

## BE PRESENT IN THE MOMENT

- Take some deep breaths
- Enjoy a stroll
- Practice mindful eating
- Find mindfulness resources in your local community such as:
  - yoga and meditation classes
  - mindfulness-based stress reduction programs
  - in books

“Catch” yourself enjoying a moment

A blue train is crossing a stone viaduct in a lush, green forest. The viaduct has several arches and is built on a hillside. The train is moving from the top left towards the bottom right of the frame. The text "THE JOURNEY IS NOT EASY...BUT IS REWARDING" is overlaid in large, white, bold letters across the top half of the image.

# THE JOURNEY IS NOT EASY...BUT IS REWARDING

- Remember the process is messy and non-linear
- Allow yourself to be vulnerable with yourself
- Find strength
- Become grounded in your humanity
- **EMBRACE YOURSELF!**



THANK YOU

Ashley Rodriguez

# REFERENCES

- How to cultivate a sense of unconditional self-worth
- Taking the Steps to Forgive Yourself
- How to Forgive Yourself
- How to Rebuild Trust in 7 Steps
- The path to self-acceptance, paved through daily practice
- Exercise 1 How would you treat a friend?

<https://self-compassion.org/>