SELF WORTH & COMPASSION
INTRODUCTION
Self-Worth & Self-Compassion

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
<table>
<thead>
<tr>
<th><strong>SELF-ESTEEM</strong></th>
<th><strong>SELF-WORTH</strong></th>
<th><strong>SELF-ACCEPTANCE</strong></th>
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</thead>
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<td>Act of embracing every aspect of yourself — strengths and weaknesses.</td>
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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.
Love and compassion are necessities, not luxuries. Without them humanity cannot survive.

-Dalai Lama
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
CULTIVATING SELF-WORTH

FORGIVE YOURSELF

PRACTICE SELF ACCEPTANCE

BE THERE FOR YOURSELF

CONNECT TO SUPPORTIVE PEOPLE
FORGIVE YOURSELF
The 4 R’s of Self-Forgiveness

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

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
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
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

Image source: https://livingprettyhappy.com/2021/03/10/how-to-forgive-yourself/
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 what you typically do, what you say, and note the tone in which you typically talk to your friend(s).

Think about a close friend that feels bad/is struggling…

How do you respond?

Adopted form: https://self-compassion.org/exercise-1-treat-friend/
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.

Adopted form: https://self-compassion.org/exercise-1-treat-friend/
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
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
• Acknowledge your suffering
• Offer understanding & kindness
• Honor and accept your humanness
• Be open hearted
THREE ELEMENTS OF SELF-COMPASSION

Self-kindness vs. Self-judgement

Common humanity vs. Isolation

Mindfulness vs. Overidentification

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

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/