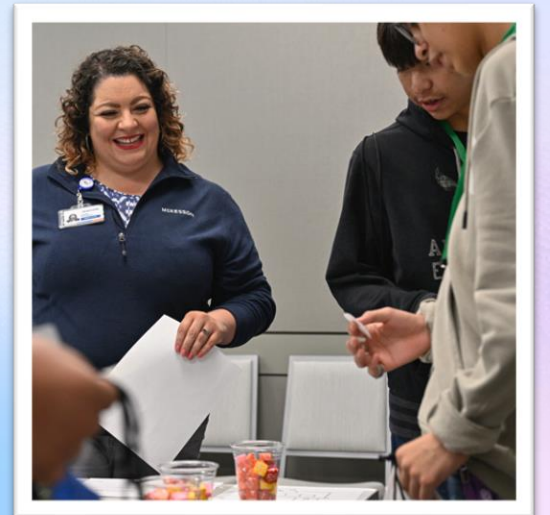


The background features a large, stylized silhouette of a human brain in the upper left, filled with a vibrant rainbow gradient. The rest of the background is a soft, ethereal mix of light blue, lavender, and pink. Faint, thin white concentric circles are scattered across the right side. A small white wavy line is in the top right, and a white starburst or sunburst shape is in the bottom right.

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

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



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...

A graphic featuring two hands, one light pink and one darker pink, cupping a large heart shape. The heart is composed of two overlapping circles, one light pink and one darker pink. The background is a light yellow gradient.

**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, smiling and looking down, with her arms crossed. She is wearing a light-colored, textured sweater. The background is a soft gradient of pink and purple.

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

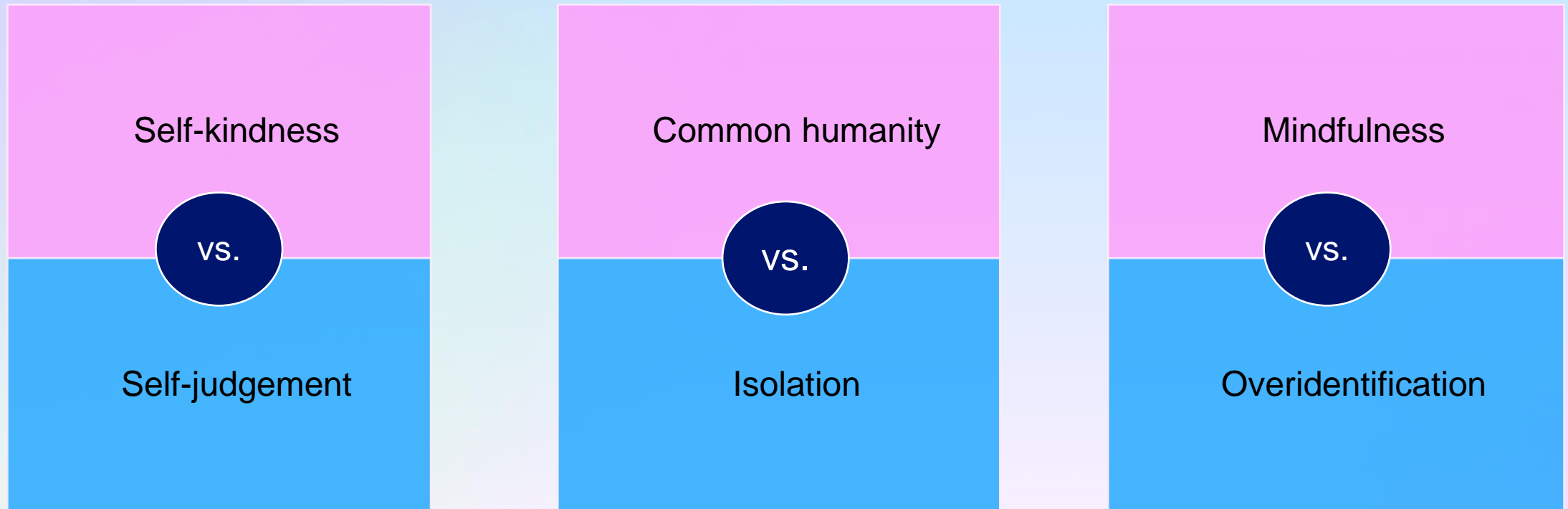




PRACTICING SELF COMPASSION

- 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 with multiple cars is crossing a large, multi-arched stone viaduct. The viaduct is built over a dense, green forest. The train is moving along a curved track that follows the curve of the viaduct. The scene is captured from an elevated perspective, showing the train's path and the surrounding landscape.

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/>