

Myths of Self-compassion

Being hard on yourself is an effective motivator

There is an idea that we can push ourselves to be better by being critical of ourselves for not living up to our standards. However, this can lead to feelings of shame and inadequacy. Recognizing setbacks, showing kindness to oneself, and recognizing that you are not alone, can be more motivating than criticism.

Self-compassion is selfish

Self-compassion can sometimes be mistaken as being selfish. It can be common for people to focus on caring for others, and any time spent caring for oneself, can be looked at as selfish. When in actuality, if we are spending time with self-criticism, we are still focusing on ourselves. It is not selfish to show kindness to oneself.

Self-compassion is self-pity

Self-compassion is commonly mistaken for self-pity, or feeling sorry for oneself. In fact, self-compassion can be looked at as an antidote to self-pity. When we practice self-compassion, we are more likely to accept and acknowledge the difficult feelings with kindness, not pity.

Self-compassion and Self-esteem

Having self-compassion can lead to a higher self-esteem, but there are important differences between the two.

Self-esteem is an evaluation of our self-worth. Whereas, self-compassion is showing kindness and compassion to oneself, especially when we feel inadequate or are having feelings of failure. Another key difference is self-esteem, is essentially judging ourselves positively, and self-compassion is relating to ourselves in a kind manner.