

IMPLEMENTING SELF- COMPASSION IN YOUR FAMILY

with Dr. Kristin Neff



Be Careful Not to Shove

We do not want to attack our family by telling them "You should be more self-compassionate!" This can lead to backlash and can make our family members become defensive!

Model It

We want to really embody self-compassion. Give others within the family an example of what could be done. One way is to model self-compassionate out loud.

Talk About It

In the family dynamic, there needs to be an introduction. Let the family know that we all need self-compassion because it is easy to forget. When you see a family member down on themselves, remind them to be self-compassionate.

Don't Let It Be An Excuse

Do not allow self-compassion to be an excuse for self-complacency. Self-compassion should not be an excuse for causing harm.

With Your Children

When talking about self-compassion with your children, a great way to showcase it is by comparing it to a friendship. Ask your child, "Would you treat your friend like that? How would that make your friend feel?"

