

The Struggle Is Real

Week 7: **Self-Compassion and Affirmations**

Presented by CSUEB Counseling Services



Introductions:

Share your name, pronouns, year @ CSUEB, major &
Please share a favorite quality about yourself.



A Few Zoom Guidelines

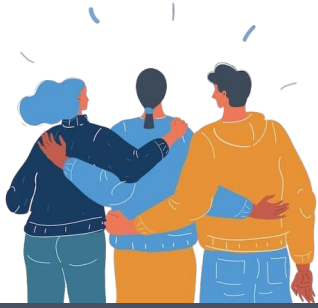
- Please mute your audio while others are talking and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality and Zoom limitations

Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs



Loving Kindness Meditation



Self-Compassion

3 components of compassion:

- 1) You must **notice** that a person is suffering
- 2) It involves **feeling moved by others' suffering** so that your heart responds to their pain (compassion= “suffer with”).
 - a) You feel warmth, caring, desire to help.
 - b) You offer understanding and kindness when they fail or make mistakes rather than judging them harshly.
- 3) Realize that suffering, failure, imperfection is **part of the shared human experience.**

Components of Self-Compassion

- 1. Mindfulness: This is a moment of suffering**
 - Ouch. This hurts
 - This is stress.
- 2. Common humanity: Suffering is a part of life**
 - Other people feel this way.
 - I'm not alone.
 - We all struggle in our lives.



Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you.

- 3. Kindness: May I be kind to myself**

You can also ask yourself, “What do I need to hear right now to express kindness to myself?” Come up with a phrase that speaks to you in your particular situation.

Using **Self-Compassion** to Change Negative Self-Talk



- 1. Think about the ways that you use self-criticism as a motivator.** Do you criticize yourself because you think being hard on yourself will help you change? If so, first try to get in touch with the emotional pain that your self-criticism causes, giving yourself compassion for the experience of feeling so judged.
- 2. Next, see if you can think of a kinder, more caring way to motivate yourself to make a change.** What language would a wise and nurturing friend, parent, teacher, or mentor use to gently point out how your behavior is unproductive, while simultaneously encouraging you to do something different? What is the most supportive message you can think of that's in line with your underlying wish to be healthy and happy?
- 3. Continually notice your harsh self-talk and shift it.** Remember that if you really want to motivate yourself, love is more powerful than fear.

How do you talk different
to your friends than you
talk to yourself?



How would it feel to show yourself the
same compassion that you show to your
loved ones?

Utilize your love language to show
compassion to yourself.

Share in the chat

Self-Affirmations

Affirmations can focus on several categories, including character traits, physical attributes, and skills and/or accomplishments.

1. Start your affirmations with “I am”, “I can”, “I will”, “I welcome” (e.g., “I am a good friend”)
2. Keep them short (we don’t need a novel)
3. Keep them positive (avoid saying “not”)
4. Use feeling words when you can (e.g., “I am proud of myself”)
5. Keep them focused on you (after all, they are **self**-affirmations!)



Help with **Self-Affirmations**

Feeling stuck? Ask yourself questions like these:

- When was a time that you felt proud of yourself and why?
- Have you ever forgiven someone who has hurt you?
- Have you ever received a compliment that you agree with?
- What would your best friend or a loved one say about you?

Feeling Guilty? Consider this:

- We are socialized to ignore or minimize our positive characteristics.
- Unfortunately, we then just dwell on our “negatives.”
- Practicing self-affirmations helps bring balance and improve mood.



Additional Resources

- **CBT apps:** Wysa, CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools, Calm, Shine, Happify
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing
@pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- **Downloadable slides and group handouts**



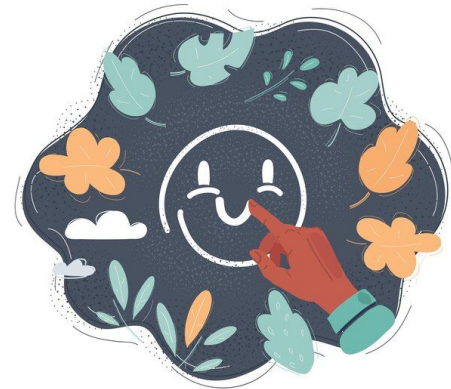
Check Out

Think about what skills you might want to practice from home this week:

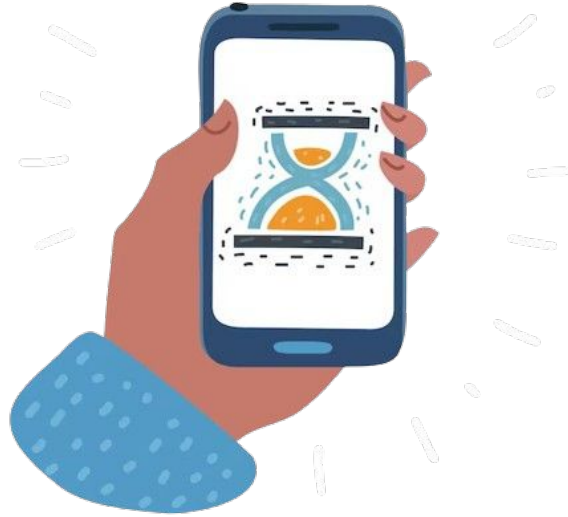
- Practice **Loving Kindness Meditation**
- Catch harsh self-talk and practice **self-compassion**
- Repeat your **self-affirmation**

See you again next week!

YOU
Got this



Thank you



for your time!