

Presented by BU Happiness College

# Self Compassion vs Self Esteem

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“Self-compassion is simply giving the same kindness to ourselves that we would give to others.”

**- Kristen Neff**



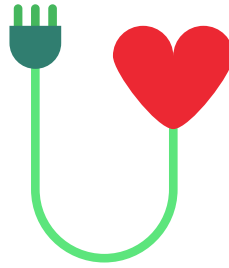
# Self Compassion

Unlike self criticism, which asks if "you're good enough", Self compassion asks "What's good for you?" - **Kristen Neff**

**Skill & Daily Practice**



**Recharge & Restore**



**Meaningful Connection**



**Healing & Support**



**Authenticity**



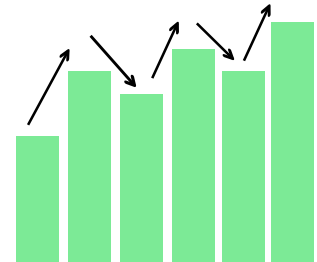
**Heart Led & Cultivates Self Love**



**Internally Cultivated**



**Eudemonic Happiness**



# Self Esteem

You cannot always have high self esteem and your life will continue to be flawed and imperfect - but self compassion, will always be there waiting for you, a safe haven.

**- Kristen Neff**

**Based on how we feel about ourselves**



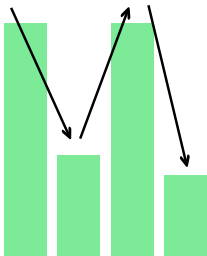
**Assessment of who we are**



**Disconnect**



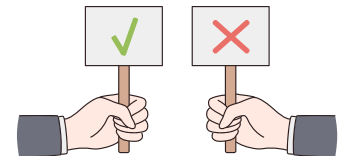
**Unreliable measure of worth**



**Relies & seeks external validation**



**Bases worth on goals, achievements, value**





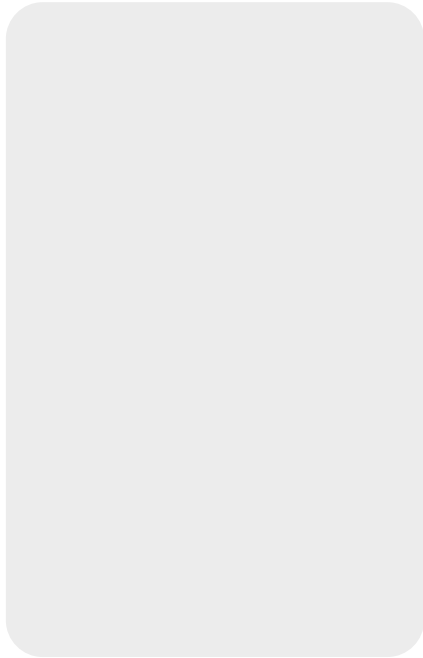
**Self Esteem** - You can have high self esteem but still be insecure if we're overly critical of our imperfections because our self esteem is an assessment of who we are and what we've accomplished compared to our values and our goals.

Even with high self esteem we can still be insecure if we're self critical - **Kristen Neff**

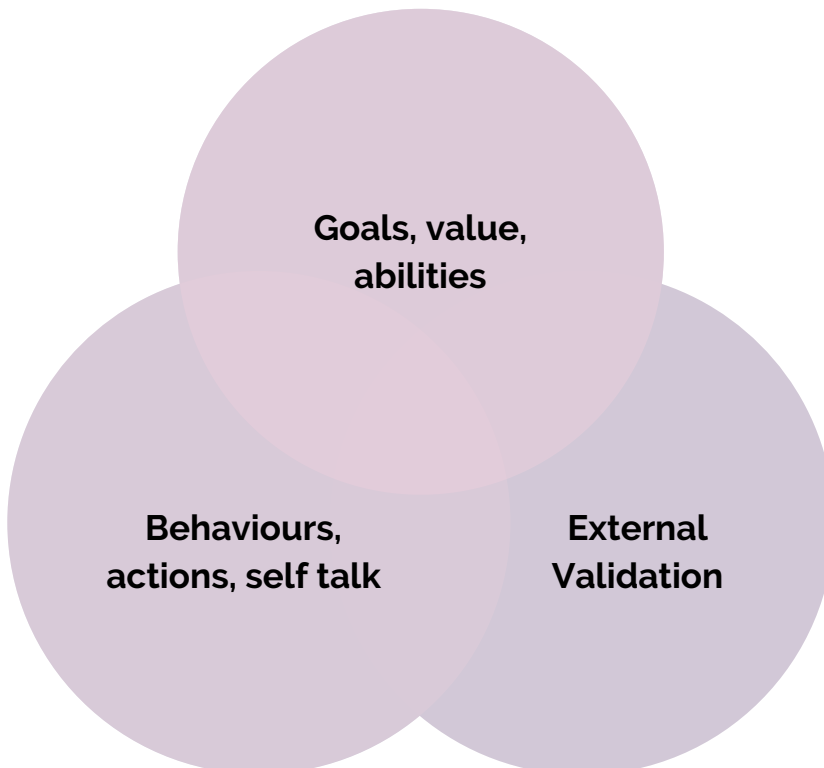
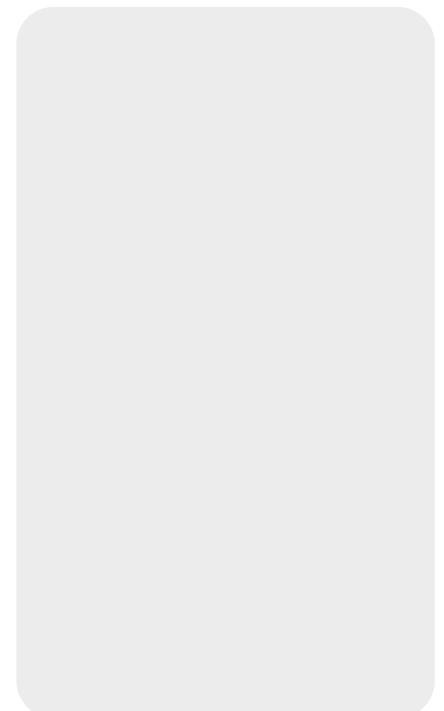


# Integration Is Key

## 3 Components of Self Compassion



## Self Esteem





# Self Compassion

## A Healthier Measure

- Resilience

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- Authenticity

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- Freedom

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- Healing

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- Reparenting

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- Self Security

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- Meaningful connection to ourselves

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- Increased self esteem

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- Self Dependence

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- Love

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- Belonging

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- Confidence

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- Kindness & Support for others

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A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...