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Think Outside The Box

Published on *Snakk Om Mobbing* (<https://explorable.com>)

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Compassionate Self-Criticism

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Constant self-criticism may lead to the emergence of shame, as well as decrease one's self-esteem.

In order to make self-criticism bearable in this scenario, self-compassion is required, since it allows you to acknowledge your faults, without engaging in self-punishment and self-judgment.

The banner features the Explorable logo and the text 'Quiz Time!' in a white, handwritten-style font. Below this, there are three quiz cards, each with a different image and title:

- Card 1: Image of red roller skates on a wooden deck. Title: 'Quiz: Psychology 101 Part 2'.
- Card 2: Image of a fan of colorful pencils. Title: 'Quiz: Psychology 101 Part 2'.
- Card 3: Image of a Ferris wheel at sunset. Title: 'Quiz: Flags in Europe'.

To the right of the cards is a link that says 'See all quizzes =>'.

Benefits of Self-Compassion

Compassion for others begins with self-compassion, and it takes in the entire picture, while showing you the path to improvement. This compassionate environment makes it easier to take a close look at your, while feeling safe, secure and confident.

Love Yourself

The next time you notice yourself criticizing or berating yourself, hit the pause button. Tell yourself to 'STOP'. Then tell yourself that 'even though I....., I love and accept myself for who I am'.

This could be, 'even though I wasted time today, instead of working on my project...' or 'even though I slept in, when I should have been working...' or, 'even though I promised my

daughter I would help her with her homework but got stuck at work'. Love yourself even when you can't.

Generate Compassion

Mentally give yourself a hug and try to generate a feeling of self-compassion. Although it may feel slightly awkward at first, regularly repeating the sequence will make you realize that love and self-compassion can alleviate even the strongest negative emotions.

You would then path the way to being at peace with yourself, while still striving to improve.

Therapeutic Effects

Self-compassion has been negatively linked to psychopathology, which means that the more self-compassionate and driven you are, the more your mental health benefits. The skill of being self-reassuring and compassionate in the face of setbacks is used in psychotherapy as well.

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