

## Diet vs Disease Module 7 Mindset is the Key

### Self-Compassion Transcript

00:01 Thanks for joining me today as we talk about self-compassion. I'm Julie Gold. I'm one of the mindset coaches here at Diet versus Disease, and today we're going to explore how to increase your secret superpower self-compassion.

00:15 Self-compassion is about treating ourselves with a care and kindness that we treat other people. Sounds, launchable makes sense. In practice, it can be far more challenging.

00:25 And so today we're going to explore how do we do this? How do we increase our self-compassion muscle? So self-compassion has three major components.

00:34 The first one is self-kindness, over self-criticism. And this is simply using kind words towards ourselves rather than harsh criticism. The second component is dealing with situations mindfully.

00:50 So I like to think of this as, as holding the situation lightly in my hands. I'm not pushing it away; I'm pretending it doesn't exist.

01:00 I'm also not grabbing onto it and making it into some huge drama that it isn't. I'm, I'm looking at the situation for what it is.

01:09 The third component of self-compassion is common humanity. And it actually has two sub-components. The first one is to accept that to be human is to be imperfect.

01:20 We are all going to make mistakes. We are all going to fall short, we're going to embarrass ourselves. We are going to hurt the ones we love.

01:26 To be human is to be imperfect. The second sub-component of common humanity is accepting that we're not alone, knowing that our suffering is shared by others.

01:40 And I see this a lot in the diet versus disease community on Facebook where people can find this community, can find others who are facing similar challenges.

01:51 Self-critical thoughts tend to be very isolating. And so being able to find community can be an incredibly important act of self-compassion.

02:01 At a very high level, I like to think of self-compassion as the mama bear. So for those of us who are parents or grandparents or just like decent human beings, if someone were to go after somebody that we love, we instantly become the mama bear, right?

02:17 We're fierce and we are nurturing and protective. And the beauty of self-compassion is you get to be the mama bear for yourself.

02:26 So you get to focus that fierce, protective, nurturing quality back towards yourself in times of challenge, in times of suffering.

02:38 When working with folks on self-compassion, people are often really worried about being self-compassionate. It is not something that most of us are taught how to do.

02:49 And there are a lot of misconceptions about self-compassion. People often worry that it's like self-pity or self-indulgence or, or selfish to be self-compassionate.

02:59 I can promise you it is none of those things. A lot of times people worry that we're just, we're just cutting ourselves too much slack.

03:06 We're letting ourselves off the hook. And the truth is, is we can hold ourselves accountable. We can hold ourselves to very high standards and do it in a kind way.

03:16 We don't have to be mean about it. A lot of people worry that to be self-compassionate will make them weak or soft, and that they'll lose their competitive edge.

03:26 And there is extensive research that shows actually self-compassion leads to greater outcomes, better success, and that harsh criticism is incredibly limiting and leads to worse outcomes.

03:41 And then this big one, I I hear a lot, especially when people are, are suffering or dealing with medical issues, and, and this concern is that if I'm self-compassionate, am I making my problems, my suffering more important or worse than other people's?

03:59 And the truth is, there is likely someone who is always in a worse situation than you are. That is just the case, right?

04:08 That does not diminish your suffering. Your suffering is unique and separate from their suffering. And to be self-compassionate does not diminish their situation.

04:20 It is not about trying to make yourself seem more important or that theirs isn't important. So self-compassion is, is none of these things.

04:29 So as, as you're starting to work on self-compassion, if some of these little concerns start to boil up, please remember, self-compassion is not about any of these things.

04:43 So how do we practice self-compassion, right? Makes sense logically, but how do we actually do it when, when we're out and about?

04:51 And I think the most important thing is, is to be really mindful of our internal dialogue. So when challenges come up, are you make a mistake or you don't live up to your expectations?

05:05 Do you get caught in, in some of these kind of self-critical thinking traps? Do you call yourself names or question your worth?

05:17 Or what's wrong with you when you make a mistake? So, two great ways to deal with this particular one, right?

05:24 This is that first component of self-kindness over self-criticism is shifting the focus away from the flaw within you to your behavior.

05:36 So if you make a mistake, it does not mean you are an idiot. It just means you did something wrong.

05:43 It might have been a silly mistake, but that doesn't make you an idiot. It just makes you human. You made a mistake.

05:50 The other one, and I actually, when I first started learning about self-compassion, I had to use this one a lot, was, was to call myself out and say, say, you know what?

05:58 It's, it's not okay to call yourself That name calling never helps. So, for that self-criticism, harsh words, really being mindful of your internal dialogue is important.

06:14 So if you're dealing with that second situation or, or that second component of Either pretending something doesn't exist, and I see this a lot where people will just kind of try and try and move on, they, they, they don't want to have to face the, the painful emotions that come with certain situations.

06:38 And so they just push it down, right? They stuff it down. And then there are other people who, who like the drama and, and they, they, they get some, some emotions out by, by really embracing the, the situation and making it really big.

06:57 And so like I said before, holding it lightly. Another way to do this is to pretend you're up in an airplane and you're looking down at this situation and, and you're taking in all of the perspective and, and dealing with what is, rather than pretending it doesn't exist or making it into something that it isn't.

07:22 So this third component, right? The common humanity believing that you are alone, that no one would understand this problem, right?

07:31 I'm guessing a lot of you in this community have had that feeling when dealing with some of your GI challenges.

07:39 So reminding yourself, I'm not alone, right? I'm, I'm part of this community. There are hundreds of people who deal with this stuff within a 10-mile radius of myself, right?

07:52 So remembering that even if it feels like you are alone, you're not, and finding community can really help with that.

08:01 Another big one I know a lot of my clients here deal with is, is believing that others won't understand. Or that if someone makes a mistake it's, it's too big of a mistake for people to understand or, or, or give sympathy for.

08:21 And in this one, I really like it to encourage people to consider if I had a friend or a loved one in the same situation, what amazing, wise and compassionate thing would I say to them?

08:35 How would I let them know that they are not alone? That even though they made a mistake, they're still loved, they're still a worthy person.

08:45 So there are lots of tools to help you practice self-compassion, and there are a number of them here. And then we also have some additional resources below this video.

09:00 So once you're done with that, you can go explore those. Some of the ones I really like to work on with folks is to write yourself a self-compassion letter.

09:07 And so you can explore a situation where you are being self-critical or you're feeling really isolated, and you kind of hit those three major components in this letter, right?

09:20 The self-kindness over self-criticism, the dealing with the situation mindfully and the common humanity, right? Remembering that to be human is to be imperfect, and that you're not alone.

09:35 This second tool is a little bit of what I just described a second ago, which is, how would I treat a friend?

09:42 So when you think of a situation where a friend has made a mistake or they've hurt someone's feelings, or they've fallen short of their expectations, how would, how would you coach them through that difficult experience?

10:00 And then consider how you speak to yourself through a similar challenge. What's the difference? Are you much kinder to the other person?

10:09 Are you super harsh to yourself? And, and if you are, how can you introduce some more compassion to yourself? Practicing soothing touch, this can be really important.

10:25 If we're feeling like we just need to hug, right? Challenging situations when we don't feel well, when we're embarrassed, when we're tired, we often just need some physical contact.

10:39 And so soothing touch is, is literally about finding some act of, of physical touch that brings you calm. A lot of people like to put their hand over their heart and just take a few deep breaths.

10:54 I really like to, to stroke my cheek because my mom did that for me, and I do that for my daughters.

11:03 Just giving yourself a big old hug, right? It might seem goofy, but it is an incredibly powerful act of self-compassion to give yourself soothing, touch, additional tools that are great.

11:19 There are many, many self-compassion and focused meditations. There are, there's a particular category called Loving kindness that are always self-compassion.

11:29 If you go to an app like Insight Timer, you can search for self-compassion meditations and find one that you like.

11:40 It can be a great way to, to really build up that self-compassion muscle. Another one that I really like is to create a self-compassion mantra.

11:49 So mantra is a word or saying that aids and concentration especially during meditation or, or times of challenge. And I've brought this one along from Kristen Neff, who is one of the leading researchers into the efficacy of self-compassion.

12:06 And this is when I, actually have as a note on my phone, and I use it frequently when I need a little self-compassion boost.

12:16 So this one might work well for you. You can create your own that really resonates with you. So, it's your turn, it's time to take some action.

12:26 So if you're not treating yourself with caring kindness, if you're not being the mama bear to yourself, it's time to build up that self-compassion muscle.

12:40 And I, I love this quote. It's, it kind of cracks me up. You've been criticizing yourself for years and hasn't worked.

12:47 Try approving of yourself and see what happens. We have a worksheet that goes along with this video. So, after you've completed it, please feel free to download that and complete it as many times as you like.

13:01 I appreciate your attention today, and I really look forward to having more conversations about how we can use self-compassion in your journey.

13:09 Thanks so much.