

Self-compassion



Supplemental module



Self- Compassion Module

- Goal-Decrease emotional suffering
- Developed by: Dr. Kristin Neff
- Module components:
 - ① Self-Compassion Scale
 - ② Using self-compassion skills to decrease emotional suffering
 - ③ Practicing self-soothing compassion
 - ④ Intrapersonal compassion skills (SACRED self)





“When I can accept myself just as I am, then I can change.”

Carl Rogers

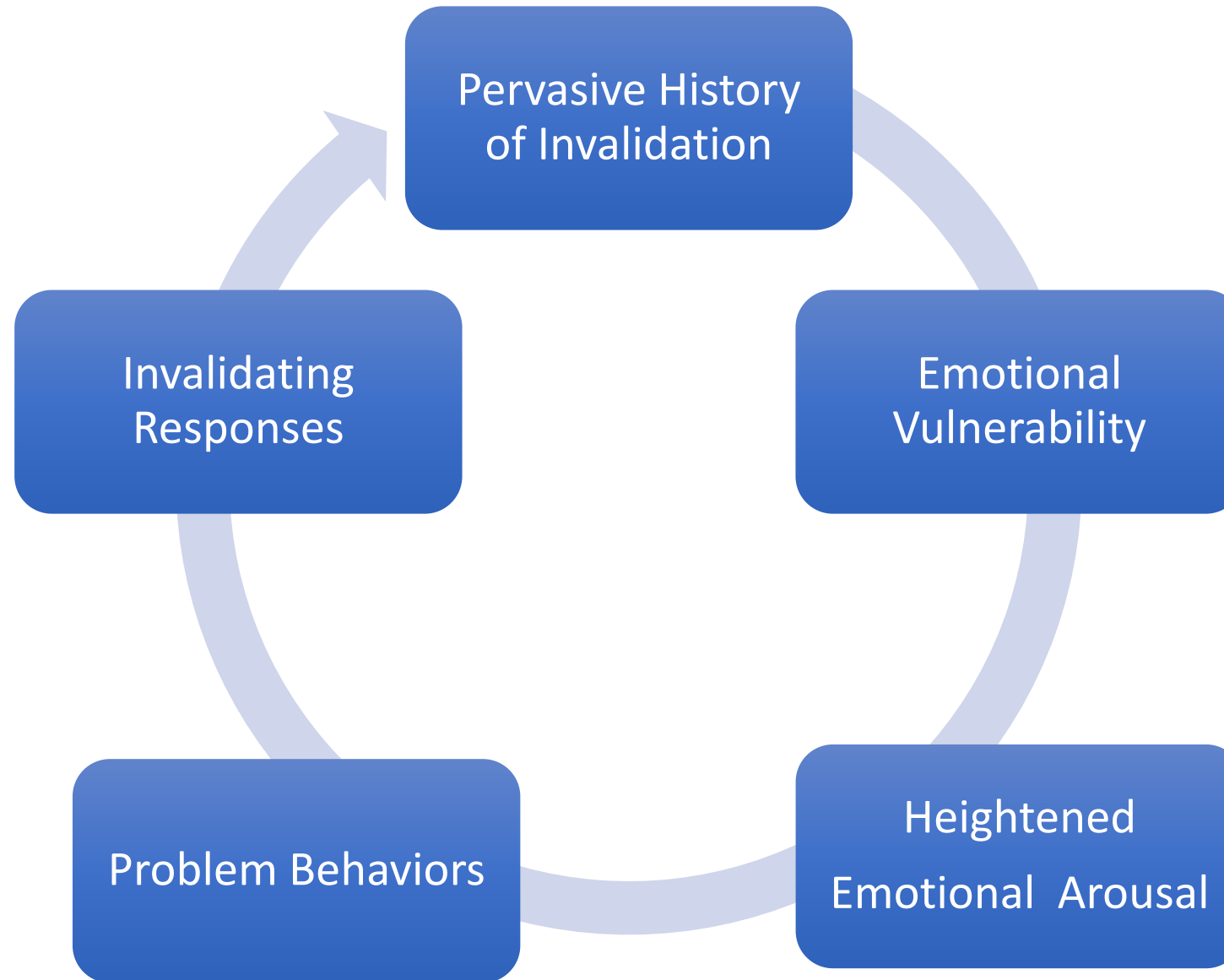
Self-Validation Module

- Developed by: Dr. Alan E. Fruzzetti

Goals

- ① Separating *experiences* (e.g., feelings, thoughts, desires, sensations) from things that cannot be observed in the present.
- ② Separating *aspects* of an experience that are valid from those that are not (or may not be) valid in the present moment.
- ③ Being effective

Cycle of Invalidation



Self-Validating Statements

