



Kristin Neff: The Yin and Yang of Self-Compassion



Kristin Neff is an Associate Professor of Educational Psychology at the University of Texas at Austin, and a pioneer in the field of self-compassion research. She is also co-founder and Board President of the Center for Mindful Compassion, and the author of several books. Explore the active and action-oriented side of self-compassion.

TOP EMBODIMENT TIP: Physical touch is one of the most powerful ways to give yourself self-compassion.

What is Self-Compassion? Treating yourself like you would treat a close friend who was struggling

- Using the skills you've already developed (being warm, supportive, kind) and turning them inwards to yourself.
- It is normal to feel awkward at first, but eventually that becomes our habitual place.
- 3 components: Kindness, Mindfulness, Common Humanity (shared connection with others)
 - 1. **Mindfulness** (vs. over-identification): being in a balanced state, being present with feelings as they are, gives us space or a wider perspective.
 - 2. **Kindness** (vs. self-judgement): self-care, understanding, a desire to alleviate suffering (including the motivation to help ourselves).
 - 75% of people are kinder to others than to themselves. "What do I need right now to take care of myself?"
 - 3. **Common Humanity**: sense of connectedness, recognizing it's part of the human experience (it's not just me). All suffering is worthy of compassion.

Yin and Yang: Coming Into Balance; Both are Needed

- Yin: yielding, nurturing, tender caring, allows us to heal
 - Loving Connected Presence i.e. Loving (Kindness) Connected (Common Humanity) Presence (Mindfulness) where Kindness is comforting and soothing ourselves; Common Humanity is reassuring ourselves we're not alone; MIndfulness is being present with and validating our pain.
- Yang: goal-oriented, active; taking action to alleviate suffering, protecting, providing, motivating, fierce self-compassion
 - Brave Empowered Clarity as Brave (Kindness) Empowered (Common Humanity) Clarity (Mindfulness), where Kindness is drawing boundaries; Common Humanity is finding strength in numbers; Mindfulness is seeing clearly and speaking the truth.
- A caring force comes about when Yin (tender caring) and Yang (fierce self-compassion) are balanced.
- Self-compassion is linked to well-being, strength, resilience, healthier behaviors and greater motivation.
- Fierce Self-Compassion and Constructive Anger energizes us to take action, provides focus and sense of power, suppresses fear, and communicates something is wrong.

<u>Resources</u>

- ✤ Books: Fierce Self-Compassion
- Website: <u>https://self-compassion.org/</u>
- Social: Facebook: selfcompassion





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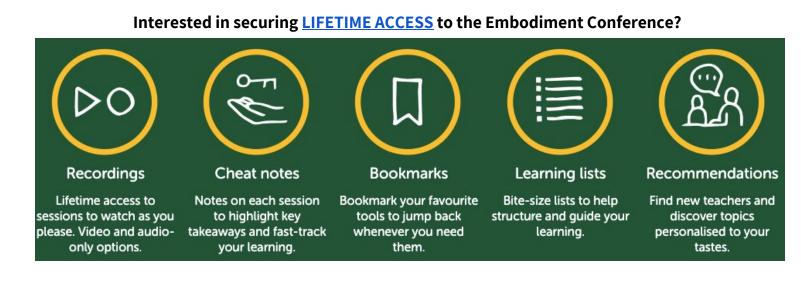




Michelle Boulé is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please <u>click here</u> to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire.** If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

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