

## Several Ways to Improve Your Personal Level of Self-Compassion

Various books and articles by K. Neff, C. Germer, and J. Jordan have supported evidence-based behaviors that improve self-compassion.

Here is your list. To experience improvements, you must DO the prescribed actions and behaviors. Change does not come easy.

These changes include cognitive, emotional, behavioral, sensory, spiritual, and relational realities in our personal lives. Go for it, now!

- 1) Radically accept your suffering as simply part of being human.
- 2) Do your best NOT to be trapped in the past or have fear about the future. Use your power in the present moment of experiences.
- 3) Develop your own personal rituals for more self-kindness in life.
- 4) Do what you can to become a little more optimistic and extroverted in your social behaviors. Such changes are difficult.
- 5) Learn about spiritual wisdom from various traditions and understand the deeper, more powerful meaning of wisdom in life.
- 6) Just like fight-flight-freeze tendencies, self-criticism, self-isolation, and self-absorption (like entitlement) works against self-compassion. Catch yourself and stop! Apply wise-mind skills.
- 7) Do what you can do increase your level and duration of equanimity. This is best done by regular practice of meditation, loving kindness, yoga, exercise (even mindful walking), and core distress tolerance skills from Dialectical Behavior Therapy.
- 8) Do work on empathy skills. Practice empathy for others more often, do random acts of kindness, and pursue “goodwill.”
- 9) Pay close attention to unmet emotional needs, and do your best to meet them - especially in social-emotional, human connection, and validation ways. You are worth this effort. Research is clear; better self-compassion implies better health. Be healthier now.
- 10) If you are now in therapy or taking medications - and experience persistent anxiety, depression, traumatic symptoms, and addictive behaviors - push your healthcare professional/s to take another look at your condition and make changes in your treatment. You also may need to look elsewhere for more help.

Hope these suggestions are helpful. A. R. Quintiliani, Ph.D., LADC