



**A W A K E N**  
psychology

healing

through

growth



## 7 Ways To Be More Compassionate (Towards Yourself)

By Amanda Pulford  
Director, Registered Psychologist  
BPsych (Hons) MPsych (Clin)

If you're interested in our previous articles, please click [here](#)

Have you had one of those weeks (or months ... or even years) where you feel that everything you do is wrong, that you're a failure, or that little voice in your head keeps saying "You can't do anything right"? You may have tried ignoring those thoughts, thinking positive thoughts instead, or saying daily affirmations. If none of these approaches have worked for you to quieten that self-critical voice, you might like to try any or all of the following strategies.

If you're seeking more self-compassion, and less self-criticism read on!

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

1. Start with **small acts of self-compassion**, such as taking a relaxing walk along the beach, watching an uplifting movie, nourishing yourself with food, or getting a massage. It might also include placing your hand on your heart and taking a few deep breaths, becoming aware to the present moment.
2. In a difficult situation, think to yourself "**How would I**

### **AWAKEN PSYCHOLOGY**

*Healing Through Growth*  
335 Brighton Road  
North Brighton SA 5048

**e** : amanda@awakenpsychology.com.au  
**w** : www.awakenpsychology.com.au  
**fb** : www.facebook.com/awakenpsychology  
**t** : www.tumblr.com/blog/awakenpsychology

**p** : 0488 954 195  
**f** : 08 8377 1877

**treat a friend?"** Often we are our own harshest critics, so thinking about what you would say or do for a close friend will slowly bring your awareness to self-compassion.

thoughts, your feelings and your actions. Take time to reconnect with the here and now by taking 10 deep breaths, noticing 5 things that you can see that are red, or connecting with someone special. Then re-engage with self-compassion.

3. **Explore self-compassion.** You can do this through journaling – write down your daily challenges in a self-compassionate way; or writing yourself a letter – talk about how you feel “not good enough”, or “wrong”, or “at fault” from a place of acceptance, non-judgment and compassion; or writing down self-critical statements and countering them with more compassionate statements.

And above all, know that you’re not alone in your self-criticism. If you’re a human being with a brain you’re wired to criticise yourself. So, you’re in good company – suffering and personal inadequacy is something we all go through. However, also know that self-compassion is something we’re all capable of, sometimes it just takes a little work.

4. When you do encounter a difficult situation, see if you can be **non-judgmental and more accepting** of yourself. Maybe say to yourself, “Life is really difficult for me at the moment” or “I’m finding today really upsetting/challenging/distressing”.

Hopefully these strategies will help you to feel less self-critical and more self-compassionate. And let’s face it, we all need a little bit more love in our lives, and what better place to start than with ourselves.

5. **Acknowledge your critical self-talk.** Acknowledge the critical thoughts and feelings, and add a truthful statement at the end. Such as, “You’re so hopeless ... AND ... Today I did the best I could”, or “It’s always my fault ... AND ... I remember last week when I thought that, but it wasn’t true”. Slowly, but surely, you’ll be changing your self-criticism to self-compassion.

However, if these strategies don’t help, and your inner critic still runs rampant affecting your life negatively, seeking professional assistance could be useful.

If you would like help in managing your thoughts, feelings or behaviours, please feel free to contact us on 0488 954 195, [amanda@awakenpsychology.com.au](mailto:amanda@awakenpsychology.com.au) or [click here](#)

6. Practice the **‘Loving-Kindness Meditation’** to help you to think kind, compassionate and non-judgmental thoughts of yourself, others, and the world.

7. Take a **Self-Compassion Time Out.** If you are completely overloaded and your self-criticism is taking over, know that it’s okay to take a break – from your

---

## AWAKEN PSYCHOLOGY

*Healing Through Growth*  
335 Brighton Road  
North Brighton SA 5048

**e :** amanda@awakenpsychology.com.au  
**w :** www.awakenpsychology.com.au  
**fb :** www.facebook.com/awakenpsychology  
**t :** www.tumblr.com/blog/awakenpsychology

**p :** 0488 954 195  
**f :** 08 8377 1877