

Infographic 3

An inside-out practice

How self-compassion strengthens the relationship with yourself.

Most of us were taught to find safety, worth and care from *outside* — in approval, achievement, or other people's reassurance. Self-compassion is the slow, courageous work of learning to give those things to yourself, from inside. Over time, this transforms not what you do, but who you are with yourself.

1

A softer inner voice

The harsh internal critic — the one who scolds, shames, or pushes — begins to be balanced by a kinder, wiser voice. You start speaking to yourself the way a good friend would.

2

A safer inner space

Difficult feelings — shame, fear, anger, grief — are met with kindness rather than judgement. You become less afraid of your own emotional life.

3

A more secure inner attachment

You become someone you can rely on. Like a securely attached child who has internalised a caregiver, you carry an inner sense of being held, even when you are alone with difficulty.

4

A more grounded sense of self

Self-worth no longer depends on success or others' approval. You have access to both *tender* care and *fierce* protection from within. This is the ground that everything else rests on.

"Self-compassion is the relationship you didn't know you could have with yourself."

References

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- Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology*, 69(1), 28–44.