**Self-Compassion**

[](https://www.google.com/search?sa=G&hl=en&tbs=simg:CAQS9wEJiUSD_1m_1u9fQa6wELELCMpwgaOgo4CAQSFJo82DraIYsK5Bv6GtIX9xTnK-wiGhoDnQ11F3e-lm_1o3sxIM7GK6zF0YtU6D5aZJiAFMAQMCxCOrv4IGgoKCAgBEgSUMZZEDAsQne3BCRqLAQoWCgNkb3TapYj2AwsKCS9tLzAyN2N0ZwoYCgVzb2xpZNqliPYDCwoJL2EvM21nMWNtCh0KCmhvcml6b250YWzapYj2AwsKCS9hLzJtcXZ6YwobCgh2ZXJ0aWNhbNqliPYDCwoJL2EvNGhoM3AwChsKCGxhbmd1YWdl2qWI9gMLCgkvai8yc2hfeTQM&sxsrf=ALeKk02gORPrWygJoG0M5Nwpjx6vO6sh5g:1613578236094&q=yin+and+yang+png&tbm=isch&ved=2ahUKEwjFjNGsp_HuAhWbVs0KHc6EBnEQwg4oAHoECAgQMQ)

**Forms of self-compassion**

**Yin- Tender, caring aspect of self-compassion**

* **Awareness- Being present with and validating our pain**
* **Acceptance- Reassuring ourselves we are not alone**
* **Action- Comforting and caring for ourselves**

**Yang- Fierce aspect of self-compassion**

* **Awareness- Clearly seeing and speaking the truth**
* **Acceptance- Finding strength in numbers**
* **Action- Fiercely protecting ourselves, drawing boundaries**