**Fierce/Dynamic Self-Compassion**

**Definitions**

**Fierce:** Excessively eager, earnest or ardent; aggressive in temperament, furious, unrestrained (classic)

Word Origin: Latin- Untamed, strong, proud

**Fierce**: Showing a heartful and powerful intensity (modern)

Informal: bold, unapologetic

Synonyms: vicious, wild, untamed, strong, intense

**Dynamic**: Continuous productive activity, energetic, forceful

Synonyms: active, changing, energetic

**Self-Compassion**: It does not entail evaluations of good or bad, but simply involves relating to ourselves kindly, especially when we fail

* Mindfulness- present moment awareness without judgment
* Common humanity-recognizing that all humans are flawed
* Self-kindness- we are as caring toward ourselves as we are toward others