

Self Compassion

“How can life be easy when we face some problems?” is that a common question, right? But we have to know that there’s a new theory on psychology who call SELF COMPASSION. Neff (Neff & Vonk, 2009) say that self compassion involves being kind toward oneself when considering weakness, remembering that being human means being flawed and imperfect, and learning from one’s mistakes. It doesn’t mean that we become uncaring and rejecting ourselves when we get some problem to faced it, and when we think that “only us” who face the problem it becomes a wrong mindset. Self compassion it self teach us to be more gently and more kind to ourselves in every single pressure situation not only in a happy situation. Same opinion from Bennet Goleman & Brach (Wei, Liao, Ku & Shaffer, 2011) self compassion involves being caring and compassionate toward oneself during times of difficulty. Sometimes when we get a bad score at the school or we do something wrong and get punishment at the office, we fall down because we get some pressure about it and we think that only us who get that big rock which can make a big hole in our life. Even though there are many people who have a bigger problem, but they can survive properly and solve the problem well. It means they have high self compassion, because they can take a positive point of view when they get a problem. Self compassion have three components, they are self kindness, common humanity, and mindfulness. Self kindness is not moking ourselves and make a good understanding about self in every bad situation, common humanity is we setting a mind that problem is a common thing happen to people “not only we but they also”, and mindfulness is not being over identify when facing the problem but we have to take a positive learning from the bad experiences or something like that.