

HOW DO YOU KNOW
WHEN YOUR

Self Compassion

IS LOW?

- You feel judgmental about your flaws or emotions
- You feel alone in your flaws or emotions
- You tend to get overwhelmed or fixated when things go wrong, you make a mistake, or you're struggling
- When you notice a failing or inadequacy of yours, you tend to criticize or be tough on yourself
- You minimize or exaggerate your negative emotions
- You feel like you "should" be able to do _____ no matter what
- Your self-worth/self-esteem changes drastically depending on your productivity or achievements