

Rachel: Hi, my name's Rachel.

Anna: Hey, I'm Anna. We are both junior consultants here at the speaking center and today we're going to be talking about how self-compassion beats self-confidence.

Rachel: So let's start by talking about the differences between self-compassion and self-confidence. Dr. Kristen Neff states that self-compassion is treating yourself with the same kindness, care, and concern that you show a loved one. A study published in the Journal of Personality and Social Psychology asked people to describe themselves while being recorded on video.

When receiving feedback, people with high levels of self-compassion have the same emotional reaction no matter how they were rated, but people with high levels of self-esteem or self-confidence had negative emotional reactions if the feedback was even neutral instead of exceptional. I think this really relates to a lot of people because negatives can hit a lot harder than positives.

And if we're not self-compassionate with ourselves, then we really take that to heart. Or we brush aside all the good things that we did. And that's one of the many reasons why we need to focus on really taking that time for ourselves.

Anna: Definitely. I totally agree. It's definitely hard to come back from that negative feedback.

Like, I feel like, the positive, people tend to focus on the negatives more than what they did right, even if there was only one thing that they did wrong. Um, so a couple of the benefits of self-compassion, um, Dr. Neff says that they are resilience owning up to your mistakes. Um, it makes you more empathetic.

Um, and self-compassionate people tend to ruminate less because they can break that cycle of negativity by accepting their own imperfections. I definitely try to be more self-compassionate than I am confident. I know that making mistakes is part of being human. And once you make a mistake, you can't go back and change it.

All you can do is grow and learn from it and just continue to do better in the future.

Rachel: Yeah, there's really no point in beating yourself up. Everyone makes mistakes. It's just the way we are.

Anna: Exactly.

Rachel: And I feel like we don't take the time to like give ourself a hug, you know, and just say, we tried our best. We always can improve, but it's important to focus on what we have done right.

Instead of what we've done wrong.

Anna: Definitely.

Rachel: So how do you embrace self compassion? Well, like we were talking about, you want to accept that you're human and that humans make mistakes, and that's a normal thing for you to do and not something to beat yourself up about, you want to recognize your failures and frustrations and see them for what they are instead of twisting them in your head to be like, oh, you stumbled during your speech.

You didn't make enough eye contact instead of seeing those as the worst thing to ever happen to you. So just recognize it's okay to make those failures, to make those frustrations. We also want to avoid dwelling on those mistakes, like I was talking about because it's easy to make them into something bigger than they are in your head.

But if you don't take the time to really think about it, if you don't take the time to make it into something in your head, then it's easier to see it through an objective lens. You also want to make friends with your inner critic. If you make friends with your inner critic, then you see them as an objective part of yourself that can help yourself grow instead of someone who's kind of beating yourself down.

And I feel like that's really important to do because it's important to learn from those mistakes instead of just getting mad at yourself about them.

Anna: Yeah. That's awesome. I think we all could use a little bit of help embracing self compassion sometimes. Like, I feel like we've talked about it a lot but, It's really easy to beat yourself up about super simple things. And then other people see it and they don't even recognize that you made the mistake. So I feel like we're super hyper-critical of ourselves and embracing self-compassion is probably one of the best things that we can do.

Rache: So we want to take the time to kind of tie this into something that's affected everyone in the last year. And that's the COVID pandemic, which I think requires a lot of self-compassion.

Anna: It definitely made me more self-compassionate. I mean, even just dealing with other people, like getting in the mindset of, I have no idea what they've been going through.

I have no idea what their year and a half has looked like and then realizing like, oh, My year and a half has been really hard too. So I need to give myself the same kindness that I'm willing to show a complete stranger. Um, so just filling up your cup first, before you're giving it to others, I think is really important.

Um, and just like remembering to be kind to yourself because you're going to be kind to other people. Why wouldn't you be kind to your own person?

Rachel: Yeah I definitely feel that, I think it's important to recognize that we were humans like we were talking about. So we always have flaws. And especially with COVID, I forget to do the dishes sometimes have harder days, you know, where I didn't complete as much as I wanted to and taking the time to acknowledge those. And instead of beating yourself up about it instead, you know, being compassionate, uh, doing things that make yourself feel better and just loving yourself.

Anna: Yeah. Yeah. And giving yourself breaks because even if we're not necessarily out and doing stuff, like it's taking an emotional toll, which is really draining. So allowing yourself to take a minute and be like, okay, I'm allowed to take a rest. I'm not worthless because I need a break. It's it's okay. Just breathe, take the break and then get back to it when you feel like you can.

Rachel: Absolutely. something I've really struggled with kind of past COVID is returning my social skills to what they were. Cause I was basically alone for a whole year in my apartment taking online classes. So, um, so like you really struggled with the small talk with people I didn't know, because all I did during quarantine was talking to people I did know, my friends and my family, um, and I think it was extremely it's especially important to. Be self-compassionate at that point, whenever you slip up or you say something a little dumb when you make mistakes, when you're trying to hit your social skills back, you know, and taking that time to remember it's okay.

Everyone else is struggling with this too.

Anna: Yeah, definitely. I've definitely seen that in full effect. So taking that time to realize that you're not the only one going through this, everyone's having been in isolation for a year and a half almost at this point. So, just being kind to yourself. And even if you're a little bit socially awkward, just learn that it's going to be okay.

You're going to get back into it. It's all gonna work out.

Rachel: So today we talked about the difference between self compassion and self-confidence the benefits to self-compassion and how COVID taught us. Not only to be compassionate to others, but also. Thank you for listening and we hope you enjoyed.