

# Changing your Self-Criticism to Self-Compassion

*This session was so well received on October 18, 2023 that we're holding it again!*

**November 28, 2023**

**Time details:** 7 - 8:30 p.m.

**Location:** Virtual

**Cost details:** Free- Sponsored by PFSP

Register for the Session

After registering, you will receive a confirmation email containing information about joining the session.

Are you caught up in “try harder, do better” cycle? Do you feel you can't keep up/not good enough/compare yourself to your colleagues and find yourself coming up short?

Do others needs routinely come before yours?

Do you stay up at night ruminating that you have missed something or made a mistake?

You're not alone. Many physicians struggle with a harsh inner critic, perfectionism, and over-functioning. Cultivating self-compassion is a proven antidote to these strategies that are no longer helpful.

You may think self-compassion seems like it will foster laziness, self-indulgence, self-pity, and selfishness. It seems like being weak, too easy on yourself, letting yourself off the hook and not holding yourself accountable. However, research shows people with high levels of self-compassion have standards just as high as anyone else, the difference is that they have more of the positive states such as happiness, optimism and life satisfaction and they have improved connections and relationships. **They have increased motivation and emotional stability, and they can pick themselves up and try again.**

Learn and practice techniques to motivate yourself with encouragement rather than self-criticism.



**Ileen Taylor, MD CCFP** will lead this interactive experiential session.

## If you aren't sure this is for you:

- Take this test and see where you stand <https://self-compassion.org/self-compassion-test/>
- Watch [The Space Between Self-Esteem and Self Compassion: Kristin Neff at TEDxCentennialParkWomen](#)

*“No matter what gets done and how much is left undone. I am enough. It's going to bed at night thinking. Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am also brave and worthy of love and belonging.”*

- Brene Brown