

Self-Esteem versus Self-Compassion

	self-esteem	self-compassion
Definition	<ul style="list-style-type: none"> • A global evaluation of one's self-worth. • Judging ourselves positively • Requires the person to be "special" or above average. 	<ul style="list-style-type: none"> • Extending kindness and compassion to oneself especially during times of perceived inadequacy, failure, or suffering • A way of relating to ourselves kindly • Based on connection to a common humanity
Problems associated with having too little	<ul style="list-style-type: none"> • Low self-esteem has been linked to psychological suffering including depression, anxiety, & suicidality. 	<ul style="list-style-type: none"> • Low levels of self-compassion has been linked to psychological suffering including depression, anxiety, & suicidality.
Problems associated with having too much	<ul style="list-style-type: none"> • Possible links to increased narcissism, bullying, increased social comparisons, prejudice/racism, increased risk-taking (e.g. drunk driving), impulse control problems, and defensive aggression. 	<ul style="list-style-type: none"> • None!
Relationship to others	<ul style="list-style-type: none"> • Compare, contrast, and make distinctions 	<ul style="list-style-type: none"> • Connection to a shared common humanity
Stability/consistency	<ul style="list-style-type: none"> • Fragile • Contingent upon perceived success. • We feel good about ourselves when we believe we are succeeding in domains of life that we feel (or we are told) are important. • We feel badly about ourselves when we believe we have failed to live up to our ideal (above average) in those domains. 	<ul style="list-style-type: none"> • Stable • Not based on perceived momentary success or failure, but rather on upon a chosen value of how we would want to treat humans and an assumption of our common humanity. • Self-compassion kicks in precisely when self-esteem fails, when we are suffering or feel we are failing in some way.