1. I was fairly surprised by my results. I expected that I score lower because often my low points are induced by issues related to judging myself, but it appears that this quiz focuses more on how a person treats themselves in such a moment, rather than how they got there. When I am down in the dumps or being too hard on myself, I always think about what the people who show me unconditional love would say. Usually not only are these imagined words kinder, but they often are more reasonable, so logically I can allow myself to identify with this new thought replacing the non-sensical self-doubt.
2. I have in the past few months acquired a new appreciation for self-compassion. This was induced by moments of extreme emotion to the point of breakdown (the cause being stress and loneliness). It was in this moment that I had to take a few days off of school, go home to my parents, and prioritize self-compassion rather than ambition. Much of what I saw in this module fits with what I held to be the definition of self-compassion. My definition however was focused more on what *not* to do, understanding the term through rigidly defining its negation.
3. Myth 3 definitely was something that I used to believe. If one spends more time caring for the self, it follows that one has less time to work on things are not the self. However, in practice, there are more nuanced factors such as how self-compassion may result in better sleep, less time spent dealing with extreme emotions resulting from a lack of self-compassion, and that taking a break often can *increase* productivity despite what our intuition may tell us.
4. With the myth number 5 (self-compassion is selfish) the argument made would be that since this idea is a myth, it must be the case that self-compassion is not selfish. Suppose that there is a small town in which there is only one doctor, and an illness comes over the town. Most would say that this doctor is morally obligated to care for this population. That is to say, they would be obliged to dedicate themselves toward caring for others, and to do so regardless of how tireless they work or how unhealthy this behavior may be. Should they take time for self-compassion, it may result in the death of others while the alternative results only in a more difficult mental condition. I might argue that even considering only the position of the doctor, the guilt that the doctor would bear having not overworked himself for others would be worse for his mental health than the temporary lack of self-compassion would have been. To correct the author’s statement, I would say that self-compassion is *often* not selfish, and in *most* cases is what someone ought to do. This is of course less of a pragmatic argument than it is a logical one.

A screenshot of a social media post

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