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This website provides information about self-compassion, and is intended for students, researchers, and the general public. Dr. Kristin Neff is an Associate Professor in Human Development and Culture, Educational Psychology Department, University of Texas at Austin.

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Self compassion Wikipedia

Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering. Kristin Neff has defined self-compassion as being composed of three main components self-kindness, common humanity, and mindfulness. Barring superficial semantic distinction, it is similar to self-acceptance notion in CBT or Morita therapy.

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Compassion Wikipedia

Self-compassion is a process of self kindness and accepting suffering as a quality of being human. It has positive effects on subjective happiness, optimism, wisdom, curiosity, agreeableness, and extroversion. Kristin Neff and Christopher Germer have identified that there are three levels of activities that thwart self-compassion and they are self-criticism, self-isolation and self-absorption

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