

What is Self-Compassion? - [Self-Compassion Video Series - Part 1 of 3] - Dad University

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SUMMARY

The video introduces the concept of self-compassion, emphasizing its importance for personal well-being, particularly for fathers. The presenter, Jason Kreidman, highlights the need for individuals to treat themselves with the same kindness and understanding they would offer to others, especially in times of suffering.

- Self-compassion involves recognizing one's own suffering and responding with kindness rather than criticism.*
- Compassion is typically directed towards others, but it is equally important to extend that compassion to oneself.*
- Dr. Kristin Neff defines self-compassion as treating oneself with the same warmth and care as one would for a friend in distress.*
- Many people struggle with self-compassion, leading to issues like stress, anxiety, and perfectionism.*
- Kreidman shares his personal journey with self-compassion, noting the need for improvement in his own life.*
- The video is part one of a three-part series, with upcoming segments focusing on self-compassion's significance for fathers and practical ways to cultivate it.*
- Viewers are encouraged to engage with the content and reflect on their own experiences with self-compassion.*

in today's video we are going to discuss what is self-compassion if you have ever felt that you weren't good enough didn't make enough money feared making mistakes felt like a failure in any way or were critical of yourself well first you are human but more importantly you probably weren't giving yourself much compassion this video was actually part one of a three-part video series on self-compassion this topic is so important to me primarily because i need

to practice this more that i'm making three videos the first video is titled what is self-compassion that's what you're watching now in part two i'm gonna go over why self-compassion is so important to have as a father and then in the third video i go over a few ways in which you can practice self-compassion let's jump into it [Music] hey guys i'm jason kreidman with dad university our mission is to help you achieve your full potential as a father

we have a pay what feels good membership that gives you access to all of my courses videos live broadcasts and more visit daduniversity.com and become a member when we talk about having compassion it's typically about having compassion for others the definition of compassion is suffering together we first noticed that somebody is suffering and then we want to help reduce or eliminate their suffering so let me give you an example let's say your child falls off their

bike and cuts their knee they begin crying and are obviously in pain when you have compassion you are actually

feeling that pain that they are going through you can picture how much the cut knee hurts you offer to help them up and see how you can help them likely you begin comforting them as you want to end their suffering we may display compassion for our family our friends our co-workers and our community or even when we see something happening on

television or the internet [Music] we can feel the pain ourselves and we have a desire to help stop that pain that someone is experiencing you don't judge or criticize them you can describe it as a warmth that we have for them and we want to help them it's not pity you don't feel sorry for them you are feeling a warmth for them so what about compassion for ourselves what is the definition of self-compassion well

according to dr kristin neff who is an associate professor of educational psychology at the university of texas at austin and a leading expert on self-compassion it's essentially the same thing as having compassion for others the same feeling and actions you would have or take for someone else you would do that instead for yourself dr neff has dedicated her life to the topic of self-compassion her website self-compassion.org has a lot of

information practices and even a free self-compassion test do you remember i said in the beginning of this video that in order to have compassion for someone you have to first recognize that the person is suffering so for self-compassion it's the same you have to recognize first that you are suffering sure this could be physical but most often it's psychological or emotional suffering that we have now instead of ignoring it pitying or feeling sorry for yourself you are

asking yourself how could i care and comfort myself at this moment it's being kind and understanding with yourself rather than judgmental and critical so now full disclosure i took the self-compassion test on dr neff's website and let's just say i have a lot of work to do my own realization was actually the motivation for doing this video series i realized how little self-compassion i have and can see some of the difficulties that it's caused in my own life stress

anxiety perfectionism fear of failure and more self-compassion is something that i am definitely committed to working on now be sure to check out part two and three of this self-compassion video series as i explore why it's so important for fathers to have self-compassion and then some things that you can do to practice self-compassion and i would love to hear from you is self-compassion something that you're familiar with for yourself or is this something new that you need

to work on as well leave your feedback in the comment section below also if you enjoyed this video please give it a thumbs up subscribe to the channel and share this video with anyone you think might enjoy it we'll see you next time