

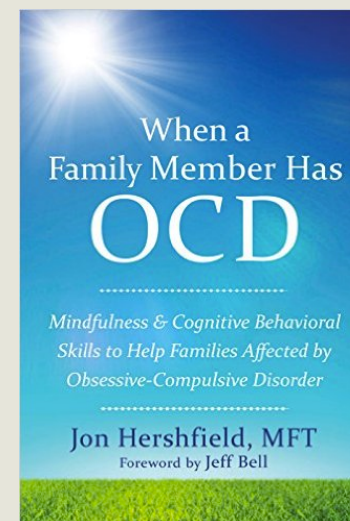
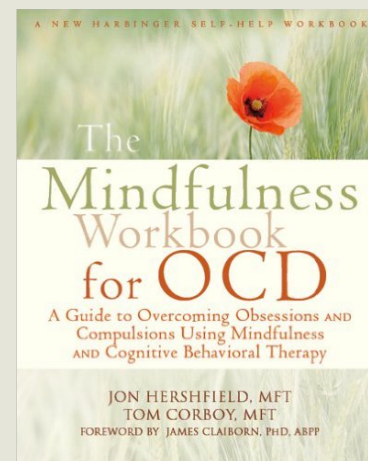


Shala Nicely, MS, LAPC
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Amy Jenks, PsyD.

*Don't Talk to Me Like That! Maximize Your
OCD Recovery Using Self-Compassion*

Disclosures

- Jon is the co-author of *The Mindfulness Workbook for OCD* and author of the forthcoming book *When a Family Member has OCD*
- Shala as an associate counselor is under the direction and supervision of Jennifer Vann, LMFT and Kathleen McKinney Clark, LPC






Why being
self-critical
doesn't help



How to be
self-
compassionate



How to build
your ERP
motivation
plan



What is self-compassion?



The self-compassion
bonus!

Why being
self-critical
doesn't help

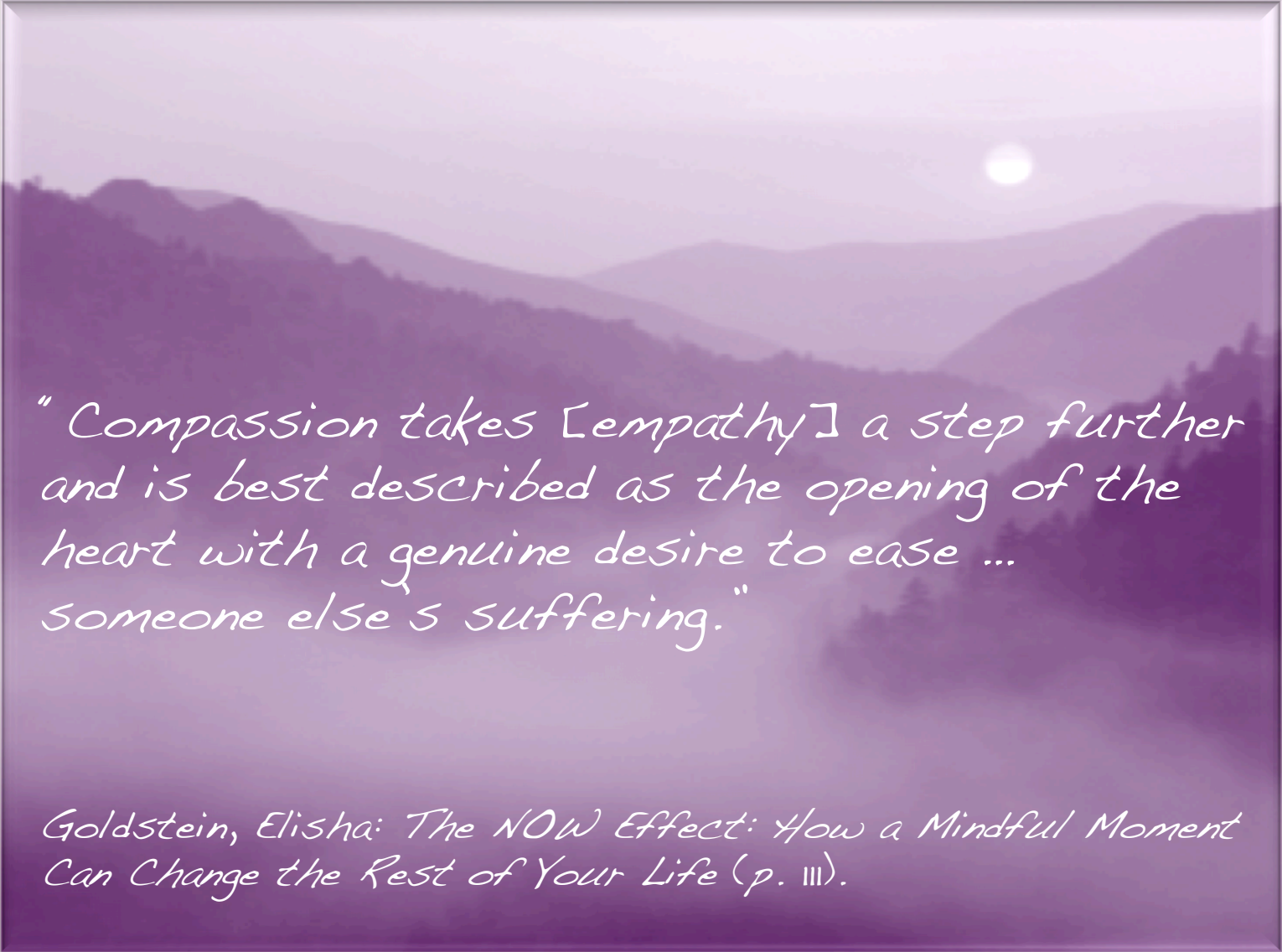
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Live
Life

What is self-compassion?

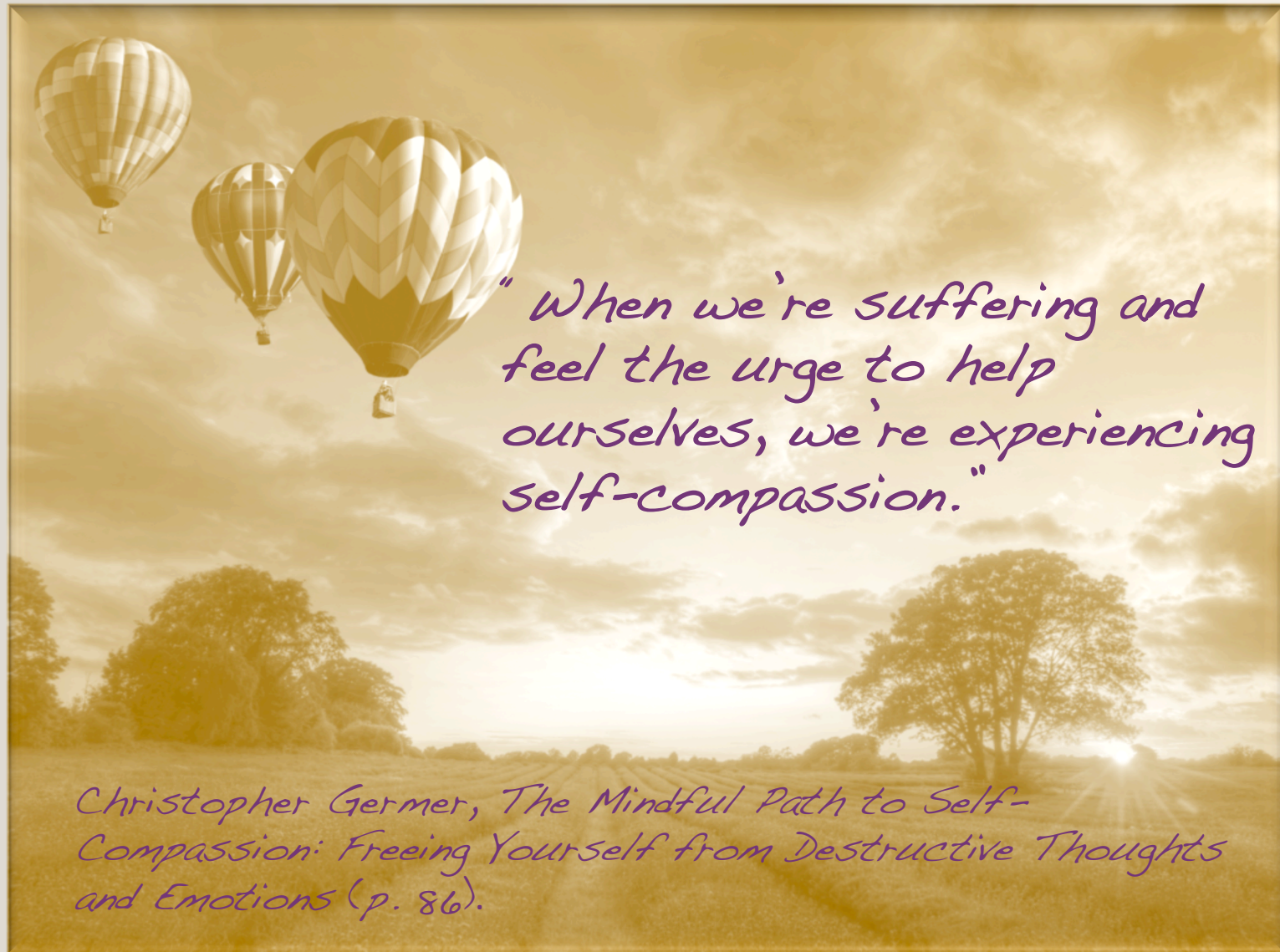
The self-compassion
bonus!



"Compassion takes [empathy] a step further and is best described as the opening of the heart with a genuine desire to ease ... someone else's suffering."

Goldstein, Elisha: The NOW Effect: How a Mindful Moment Can Change the Rest of Your Life (p. iii).

What is compassion?



"When we're suffering and feel the urge to help ourselves, we're experiencing self-compassion."

Christopher Germer, The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions (p. 86).

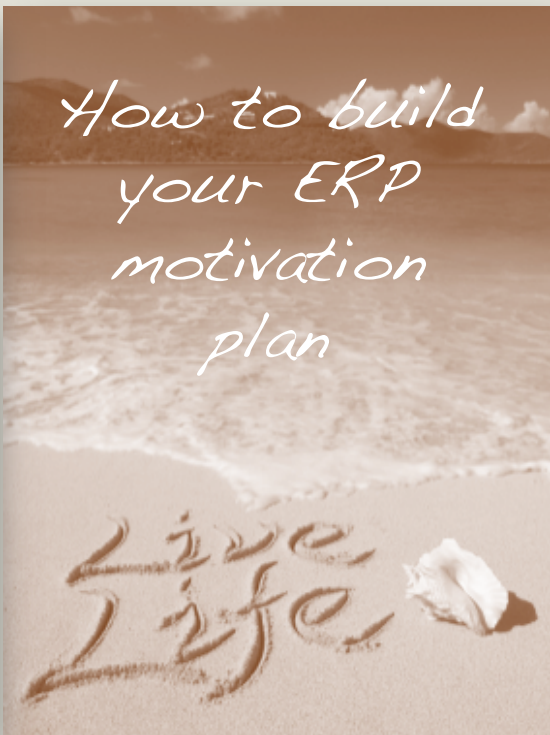
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*Let's see
just how
awful the
self-
critical
voice can
feel.*



The role of self-punishment as a ritual



*Your turn!
Share with
the person
beside you
one example
of when you
are self-
critical.*



*But isn't being self-critical
motivating?*

Not really!



Motivates through fear

Makes us doubt our capabilities, and...

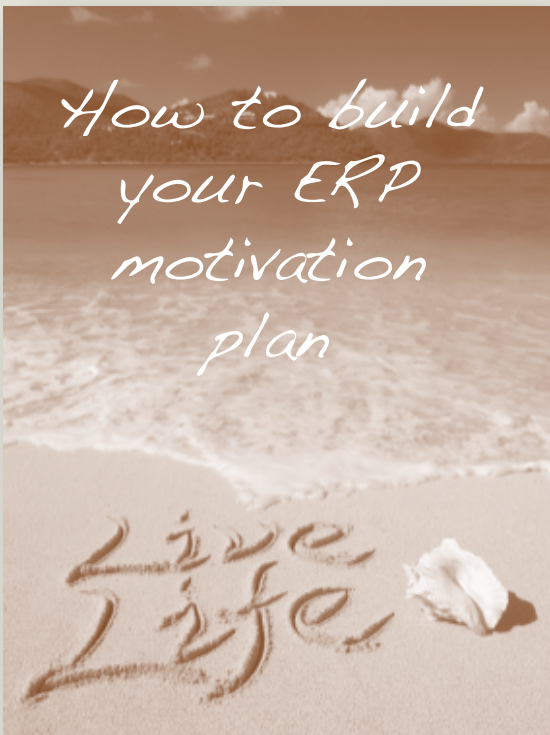
...causes procrastination



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The Three Components of Self-Compassion



(Neff, 2011, p. 39-80)

Self-Compassion is not self-pity.

Self-Compassion is not self-indulgence.

Self-Compassion is not self-esteem.

What self-compassion is not



*Let's hear the self-
compassionate voice in action!*



Now it's your turn!



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*Would it be helpful to be mean to our
self-critical voice?*

Remember what self-criticism does!



Motivates through fear

Makes us doubt our capabilities, and...

...causes procrastination



*That voice
actually thinks it's
helping...*

*...even though it
can be sabotaging
our recovery.*

Motivation

Motivation is the driving force to achieve their desired goals. It is the reason that initiates, guides and sustains the process that arouses, sustains and will be interested in progressing.

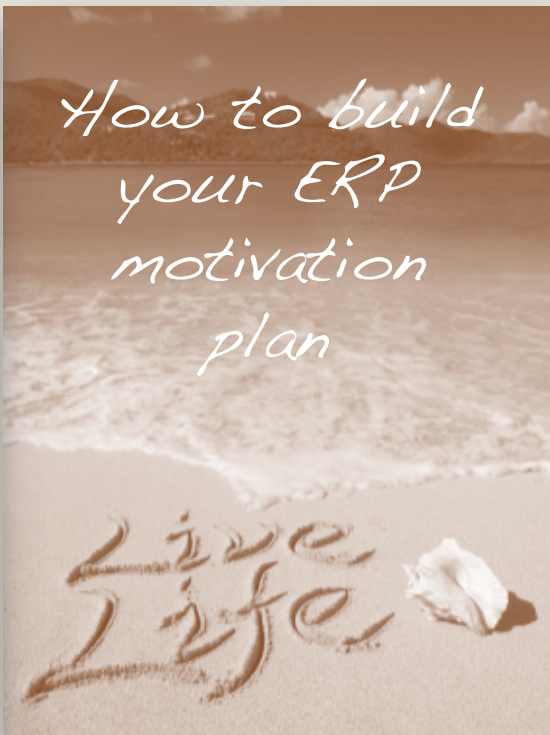
*Find a new partner and work together
on Your ERP Motivation Plan*



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The isolation of OCD



*Being nicer to yourself just might
improve your relationships with others!*



One study found that self-compassionate people are better able to create close, authentic, and mutually supportive friendships than those who are self-critical."

Neff (2011) p. 190



"Research also shows that self-compassionate people tend to be more supportive, accepting, and caring with romantic partners."

Neff (2011) p. 190

" Our research shows that people with higher levels of self-compassion are also more likely to engage in perspective taking when contemplating the failures and weaknesses of other people.



Neff (2011) p. 191

They are more likely to say things like: ' Before criticizing somebody, I try to imagine how I would feel if I were in their place.'



"Our research shows that self-compassion allows us to feel others' pain without becoming overwhelmed by it."

Neff, 2011, p91-192



*"If we do not know how to take care of ourselves
and to love ourselves, we cannot take care of the
people we love. Loving oneself is the foundation for
loving another person."*

Your True Home, #15, Thich Nhat Hanh




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Be kind to yourself.
It's hard to
be happy when
someone's mean
to you all the time.

From ElishaGoldstein.com

Q&A

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- Jon: jonathanhershfield@gmail.com
- Slides will be available at
- www.shalanicely.com/iocdf-conference/2015/



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