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# Building Self-Confidence Through Self-Compassion

Dr. Tara N. Lewis

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# Self what?

**self-esteem**

VS

**self-confidence**

VS

**self-compassion**

# Self-esteem

How do you evaluate yourself, and do you believe it?  
*Beliefs and opinions about yourself.*

## comparison

“It’s trying to simultaneously fit in and stand out  
(Brown, 2021).”

Positive affirmations are not very effective if you have high self-esteem.

For those with low-self esteem, it's only helpful if you **believe it** (smith, 2022).



# Self-confidence!

Must be built. Requires action.

Self-acceptance

Self-compassion

Value in vulnerability and fear  
(Smith, 2022).

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# Courage

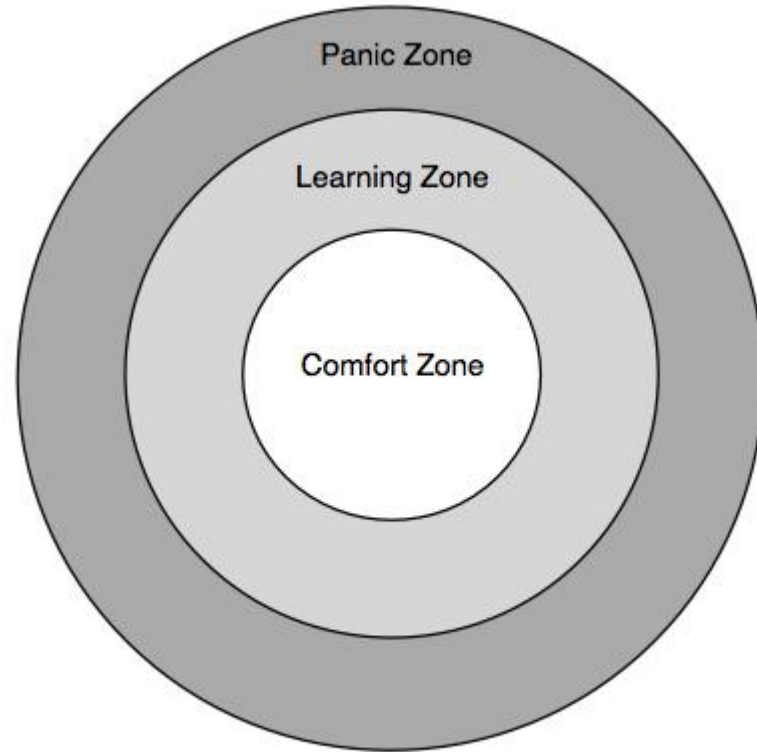
Is taking a risk without knowing the outcome.

## vulnerability

“The emotion we experience during times of uncertainty, risk, and emotional exposure” (Brown, p.13, 2021).



Where are you?





# Self-confidence Exercise

Write down a situation where you want to build more confidence:

→ **Variations**

Write down different versions of this that feel more manageable.

→ **Choose**

What feels possible but still challenging

→ **Challenge again**



# Be aware of self-criticism

“I’m not good enough.”

“I’m too... Short, tall, big, small, ugly, hairy, weird...”

Don’t kick yourself when you are down.



# Listen to your parts

When thinking about the situation you listed. What is your inner dialogue?

What do those parts say?



## What the func

No bad parts.

What are they trying to tell you?

Are they wanting to protect you?

Show them compassion.

# Self-compassion

acting the same way towards yourself when you are having a difficult time, fail, or notice something you don't like about yourself (Kristin Neff).

<https://self-compassion.org/the-three-elements-of-self-compassion-2/>



## Tip

What would a friend say?

Hands on your heart



**3 elements:**  
Self-kindness  
Common humanity  
Mindfulness

# Self-compassion inventory

[https://ogg.osu.edu/media/documents/  
MB%20Stream/self-compassion.pdf](https://ogg.osu.edu/media/documents/MB%20Stream/self-compassion.pdf) -

see handout

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What this looks like in action

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**How will you  
practice?**

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# Questions + Discussion