

Self-Empathy and Healing

September 2024 Newsletter

9/1/2024

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How often have you felt guilty and to blame when something goes wrong? Most guilt is based on the assumption that if we had tried harder the outcome would be different. Feeling guilty is a way of punishing ourselves for not being able to change what has happened. Far from being a helpful strategy, blame and guilt create a sense of disconnect with ourselves and can lead to anxiety and depression. We are often

difficulties and validate the struggles and stresses we experience in life. And even if we have made a mistake or are in the wrong, we should still treat ourselves with kindness.

In our day-to-day life we all spend a disproportionate amount of time understanding and responding to the needs of others. We worry if we have inadvertently hurt another and

This month the theme is all about having empathy for ourselves.

Self-empathy is an elusive skill that we could benefit greatly from nurturing. It embraces the notion that we are learning and growing and that we will have times when we make mistakes and have regrets. We are not perfect.

No win situations occur when we push ourselves too hard and get impatient with our progress. Accepting ourselves as we are is an important step in building self-empathy.

“You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.” Louise L. Hay

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harder and more merciless on ourselves than we are on others. We set high standards and if we fall short, we tend to berate ourselves harshly.

This instant judgement of our flaws does not lead to understanding - it leads to a negative self-image. Instead, if we can forgive ourselves, it helps us to acknowledge our

we seek to rectify the negative feeling that we imagine they might be experiencing. If this sounds familiar then you are an empathetic person.

Imagine if you treated yourself with the same sensitivity and kindness? “You, yourself as much as anybody in the entire universe, deserve your love and affection.” Buddha