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COMPASSION A REFLECTION ON THE  
CHRISTIAN LIFE HENRI JM NOUWEN

PDF - Search results, 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 ..., 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.. Self-kindness:

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