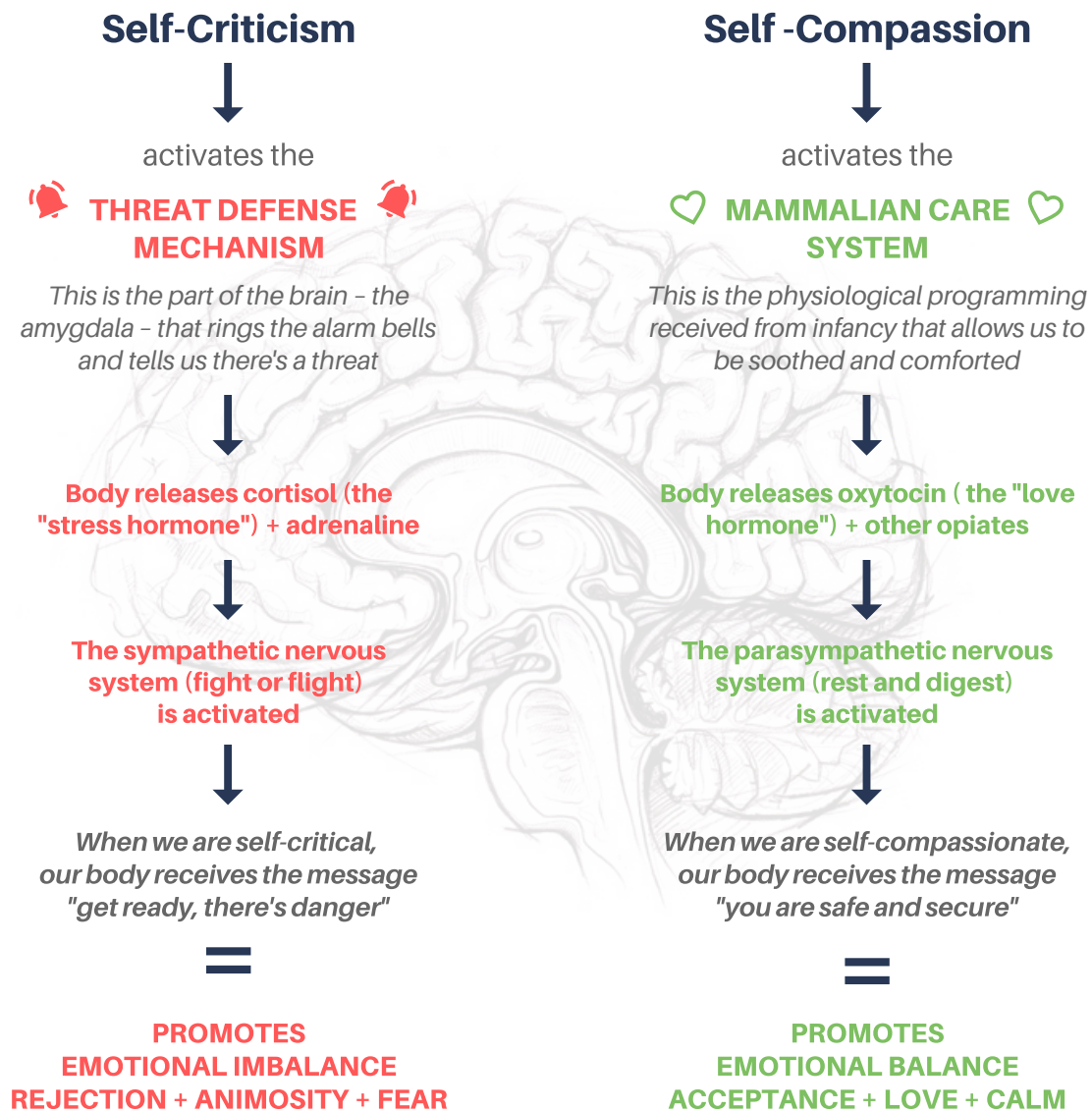




# SELF-CRITICISM VS SELF-COMPASSION

## *A Closer Look*



The two primary ways we relate to ourselves - self-criticism and self-compassion - are connected to two different circuits in the brain that directly impact our physiology. When we're self-critical, we activate the threat defense mechanism and experience stress and fear in the body. When we are self-compassionate, we activate the mammalian care system which soothes us and provides a sense of calm and balance.