



Self-Compassion Articles

1. Mindful.org: [The Transformative Effects of Mindful Self-Compassion>>](#)
2. Self-compassion.org: [Definition and Three Elements of Self-Compassion>>](#)
3. Psychology Today: [20 Uses for Self-Compassion>>](#)
4. Harvard Health: [The Power of Self-Compassion>>](#)
5. Psychology Today: [The Many Benefits of Self-Compassion>>](#)
6. Self-compassion.org: [Guided Practices and Exercises>>](#)
7. Mayo Clinic: [Self-esteem: Take Steps to Feel Better about Yourself>>](#)
8. Ideas.TED.com: [How to Stand Up to your Inner Critic>>](#)
9. The Fold: [How to Flip the Script on Our Inner Critic>>](#)