

3 Ways To Treat Yourself Better

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Huffington Post:

Do you handle tough times by getting even tougher on yourself?

Tearing yourself down with self-criticism or building yourself up with inflated self-esteem are two sure ways to prolong a hard time.

Fortunately there's a simpler way to relieve your suffering: self-compassion.

What does self-compassion entail? "It's not about judging yourself positively, it's relating to yourself kindly — whether you're succeeding or failing," says leading self-compassion researcher Kristin Neff, Ph.D.

When a relationship "fails," in the case of divorce, having self-compassion can decrease distress, according to recent research in *Psychological Science*. Our Relationship Expert David Sbarra, Ph.D. wrote of his study exclusively for YouBeauty.

Read the full story: [*Huffington Post*](#)