



Shame-based Self-Criticism versus Compassionate Improvement	
Shame-based self-criticism	Compassionate improvement
• Desire to punish and condemn • Backward looking • Linked to disappointment • Focusing on deficits and errors • Emotions are anger, frustration, anxiety, contempt	• Desire to improve, to be the best version of myself • Forward looking • Linked to building on the positives and developing abilities • Validation of setbacks and encouragement
<i>Consider a critical parent with a child who is struggling</i>	<i>Consider a compassionate parent with a child who is struggling</i>