



**Be Brave.
Make Space.**



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**Hi! I'm Coach
Margie**
I'm glad you're
reading the Brave
Space newsletter.
My newsletter is
written to share
information and
support.



Upcoming Events

Coming Soon: Fresh February is going strong! Be on the lookout for an announcement.

Free Values-Based Boundaries

Masterclass: [Save the new date!](#) April 21-26, 2024 (Virtual)



Love is in the air! **Self-love, that is. This week, our focus is on self-compassion, one important component of self-love.**

Dr. Kristen Neff, a leading researcher of self-compassion, defines it as follows: **Having compassion for oneself is really no different than having compassion for others.** Think about what the experience of compassion feels like.

First, to have compassion for others **you must notice that they are suffering.** If you ignore that homeless person on the street, you can't feel compassion for how difficult his or her experience is.

Second, compassion involves **feeling moved by others' suffering so that your heart responds to their pain** (the word compassion means to "suffer with"). When this occurs, **you feel warmth, caring, and the desire to help** the suffering person in some way. Having compassion also means that you **offer understanding and kindness** to others when they fail or make mistakes, rather than judging them harshly.

Finally, when you feel compassion for another (rather than mere pity), it

means that **you realize that suffering, failure, and imperfection are part of the shared human experience.** “There but for fortune go I.”

Self-compassion involves acting the same way towards yourself when you are having a difficult time, fail, or notice something you don’t like about yourself. Instead of just ignoring your pain with a “stiff upper lip” mentality, you stop to tell yourself “This is really difficult right now,” **how can I comfort and care for myself in this moment?**

On a personal note, I discovered compassion for myself during my year-long journey to change my relationship with alcohol. It never occurred to me that I didn't have to listen to the nasty, critical voice in my head constantly spewing hateful messages that drove me to drink (literally). **I love giving myself compassion now.** My loving inner voice is now louder than my harsh inner critic. I hope the resources I present this week help you find your loving inner voice!

Please let me know what you think.

Margie

Affirmation for Giving Yourself Compassion



"I accept both the best and worst parts of myself."



5 Ways to Stop Beating Yourself Up

It's easy to be your own harshest critic. Better to be your best friend. [4 minute read](#))

[Read More](#)



The Peter Attia Drive Podcast: Kristin Neff, Ph.D.: The power of self-compassion

Kristin Neff is a Professor of Educational Psychology at the University of Texas, an author, and a leading expert on mindful self-compassion. In this episode, she shares how developing a self-compassion and mindfulness practice was the most effective tool for relieving her own suffering, and more... (1 hour, 17 minutes)

[Listen Here](#)



Self-Compassion: The Proven Power of Being Kind to Yourself

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life.

[Get The Book](#)

THE BIG NUMBERS

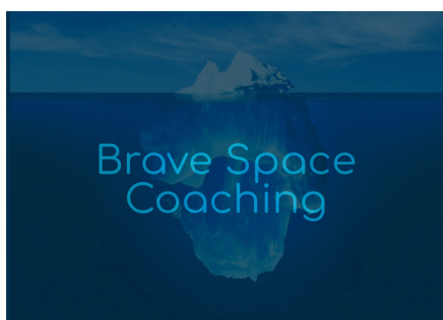
65% of Americans drink alcohol.

40% of Americans report trying to drink less.

20%+ of consumers cited alcohol's impact on either mental health or physical health as their top reason for not consuming alcohol.

[Source link](#)

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