Getting to Good Enough

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Write out a brief story about a time or experience when you failed

Story you are willing to share
Developing Self-Compassion
Self-Compassion

- **Compassion** is sensitivity to the experience of suffering (shared perspective and shared emotions), with deep desire to **alleviate that suffering**.
  - Feelings of warmth, love, and care toward others (Neff, 2017).

- **Self-compassion** is compassion directed inward, relating to ourselves as the object of care and concern to **alleviate one’s suffering** (Neff, 2003)
  - Can you cherish or be kind to yourself in the midst of suffering?

- COURAGE TO FACE ADVERSITY
Self-Kindness

- “Tendency to be caring and understanding with oneself rather than being harshly critical” (Neff & Germer, 2013, p. 28).
  - Offer the Self Love, Kindness, Care, Support

- Kind versus attacking/berating
  - Ex: How would you respond to a child?

- Skill: What do I need to hear right now in this moment that will help me push through this obstacle?

May I know I am a fighter and know I am strong enough to push through this
Common Humanity

- “Involves recognizing that all humans are imperfect, that all people fail, make mistakes, and have serious life challenges.” (Neff & Germer, 2013, p. 29)

- This seems obvious, but how often do you forget this when you are in distress?

“I have missed more than 9000 shots in my career. I have lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

- Michael Jordan

This is how a champion feels

I am not alone, others feel just like this…
Which things can you allow yourself to do, and which things can you allow others to do? Who are you more willing to offer these benefits?:

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<thead>
<tr>
<th>Actions:</th>
<th>To Myself</th>
<th>To Other</th>
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<tbody>
<tr>
<td>Allow myself or others to make mistakes</td>
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<td>Do something kind for myself or others</td>
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<td>Ask for help</td>
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<td>Allow for confusion or uncertainty</td>
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<td>Allow feelings of joy and pleasure</td>
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<td>Recognize what I am proud of</td>
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<td>Allow for forgiveness</td>
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Activity

In pairs, swap stories, read partner’s story to them

Discuss the following 2 questions:

1. How did it feel to hear your story from someone else?
2. How might you respond if it was a friend sharing the same story?

*You have about 5 minutes to share and discuss
Success vs. Perfectionism

“We learn to walk by falling, to talk by babbling, to shoot a basket by missing, and to color the inside of a square by scribbling outside the box. Those who intensely fear failing end up falling short of their potential. We either learn to fail or we fail to learn.”—Ben Tal Shahar
Let’s Talk Definitions

- How do you define success?
  - Success (n): The accomplishment of a goal or purpose
- How do you define perfectionism?
  - Perfectionism (n): Refusal to accept any standard short of perfection

What’s the difference?
Perfectionist Thinking

1. Defining success within a narrow and often unrealistic margin, and punishing the self harshly when that success is not attained (failure)
2. A sense of grandiosity: things that are difficult for others should be easy for you to accomplish
3. Shortsightedness, often manifested as a “now or never” or “do or die” attitude
4. Overidentification with work
5. Overemphasis on the finished product and external rewards for accomplishment, rather than the process and internal gratification.
Comparison and Competition

Social Comparison

- We all engage in this
- Not inherently “bad”
- Moderation and mindful comparison
- Who are we comparing to?

Social Media

- 2018, about 77% of U.S. population (2.34 billion people worldwide)
- Increases social comparison
- The “highlight reel”
- Unrealistic standards
Activity

Flip paper over & write a brief story about a time you succeeded

A story you are willing to share

Turn to the same partner & share your stories

Discuss the following questions in pairs, then we will discuss as a group:

1. Discuss the difference between the writing and sharing process of both stories.
2. Did the information from this presentation shape how you wrote the success story?
3. Does it change how you look at the failure story or how you might rewrite it?
Contact Us

Student Health & Wellness - Mental Health Services
● 860-486-4705
● counseling.uconn.edu
● @uconnstudenthealth
● 4th floor of Arjona

National Resources
● Suicide Prevention Lifeline call 800-273-8255
● Crisis Text Line – text “HOME” to 741-741