

ENHANCING CORRECTIONS: SELF-COMPASSION

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DEFINITION

Self-compassion means **being positive** and **caring towards yourself** amidst suffering or failures through **3 interconnected** concepts.

Self-compassion is **not**: ❌ Self-pity ❌ Selfish ❌ Narcissistic ❌ Weak

Self-kindness

Being understanding instead of self-judgmental

Common Humanity

Recognising that everyone experiences pain & is flawed

Mindfulness

Acknowledge negative thoughts & feelings without denial or over-engagement



BENEFITS

✔ Self-compassion is **linked to reduced criminality**.

Cultivating self-compassion in offenders encourages...



Self-Control

- Considering long-term consequences of undesirable behaviors
- Being mindful which reduces rumination



Empathy

- Reflecting on how their actions affects others
- Developing compassion



Mental Resilience

- Utilising adaptive coping & emotion regulation strategies (e.g. forgiveness & mindfulness)

Which leads to...



Less aggression



Less depression



Lower re-arrest & re-incarceration rates



Better employment outcomes



Improved conflict management



Greater self-worth

✔ Self-compassion starts from your **SELF**.

WHAT CAN YOU DO?

Exercising self-compassion towards yourself can **enhance your ability to connect with offenders**.

Mindfulness



Journal



Set boundaries

➤ To maintain *mental health*...

- Listen to your feelings
- Practice journaling
- Learn to say 'No'

Self-kindness



Challenge negative self-talk

Would you talk to your best friend this way?

➤ To overcome *defeatist thoughts*...

- Practice gratitude
- Remember how far you have come
- Pay attention to self-critical thoughts

Common Humanity

We have all made mistakes.



Recognise that no one is perfect

➤ To cope with *disappointments*...

- Be patient with growth
- Remember mistakes happen
- Manage self-expectations

Sources: 1. Neff, K. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2(2), 85-101.
2. Rezapour-Mirsaleh, Y., Shafizadeh, R., Shomali, M., & Sedaghat, R. (2021). Effectiveness of Self-Compassion Intervention on Criminal Thinking in Male Prisoners. *International Journal of Offender Therapy and Comparative Criminology*.