

# Practicing Self-Compassion During a Trauma Flare



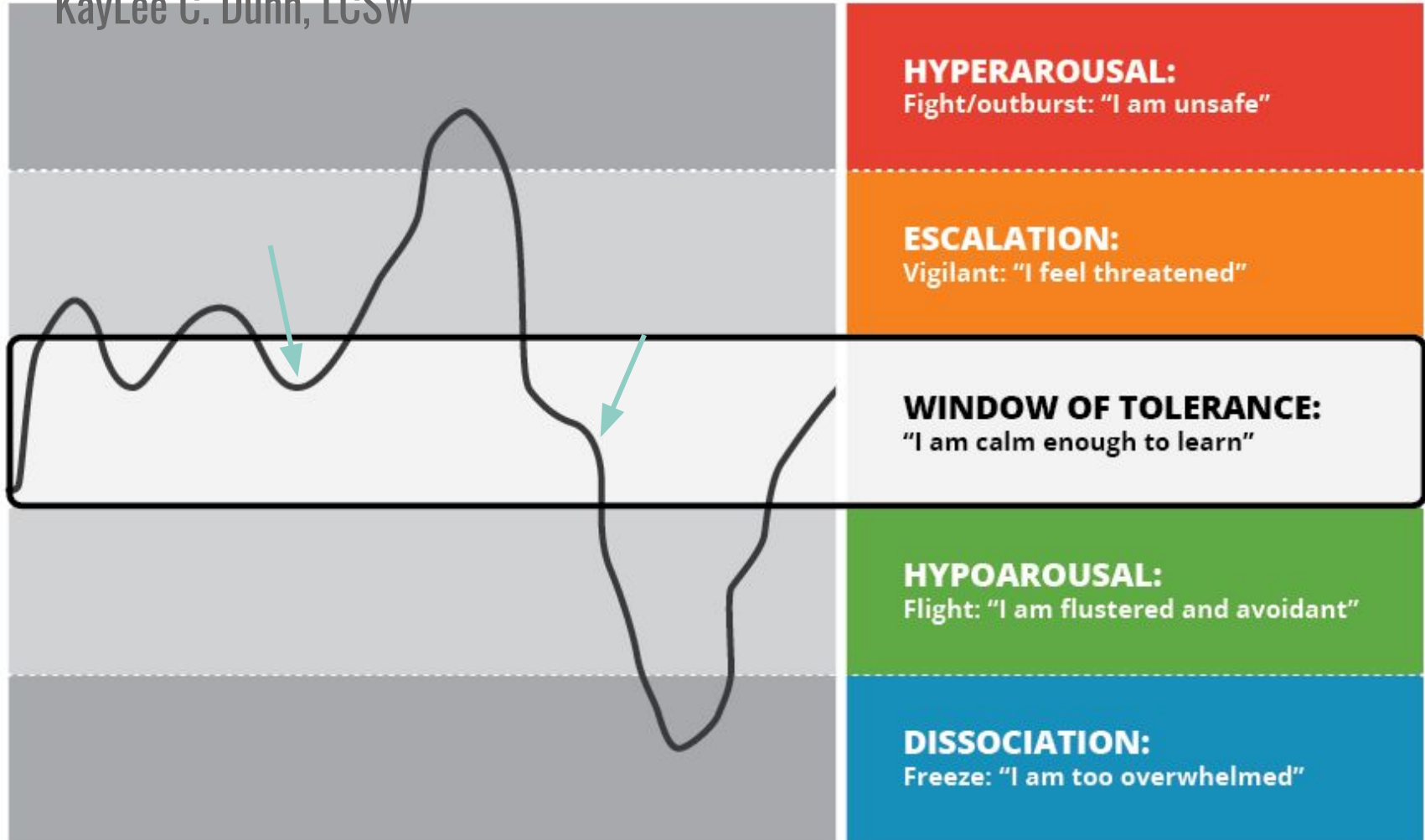
KayLee C. Dunn, LCSW

## Today's Questions

1. What is a trauma flare?
2. Why self-compassion?
3. How to practice self-compassion?
4. How do I fix a trauma flare with self-compassion?

# What is a Trauma Flare?





# Why Self-Compassion?



## Self-Esteem vs. Self-Compassion

<b>“I am pretty, smart, talented, etc. I am special.”</b>	<b>“I am normal. I’m not alone. I’m good enough.”</b>
<b>evaluation</b>	<b>curiosity</b>
<b>based on success</b>	<b>based on truth</b>
<b>step away/avoid</b>	<b>lean in</b>
<b>judgement</b>	<b>relationship</b>

## Self-Compassion

1. More emotional resilience
2. More caring relationship behavior
3. More accurate self-concepts
4. Less reactive anger

# How to Practice Self-Compassion?





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# Self-Compassion in Action



BLOOM  
*Live*

## The 3 Steps to Self-Compassion

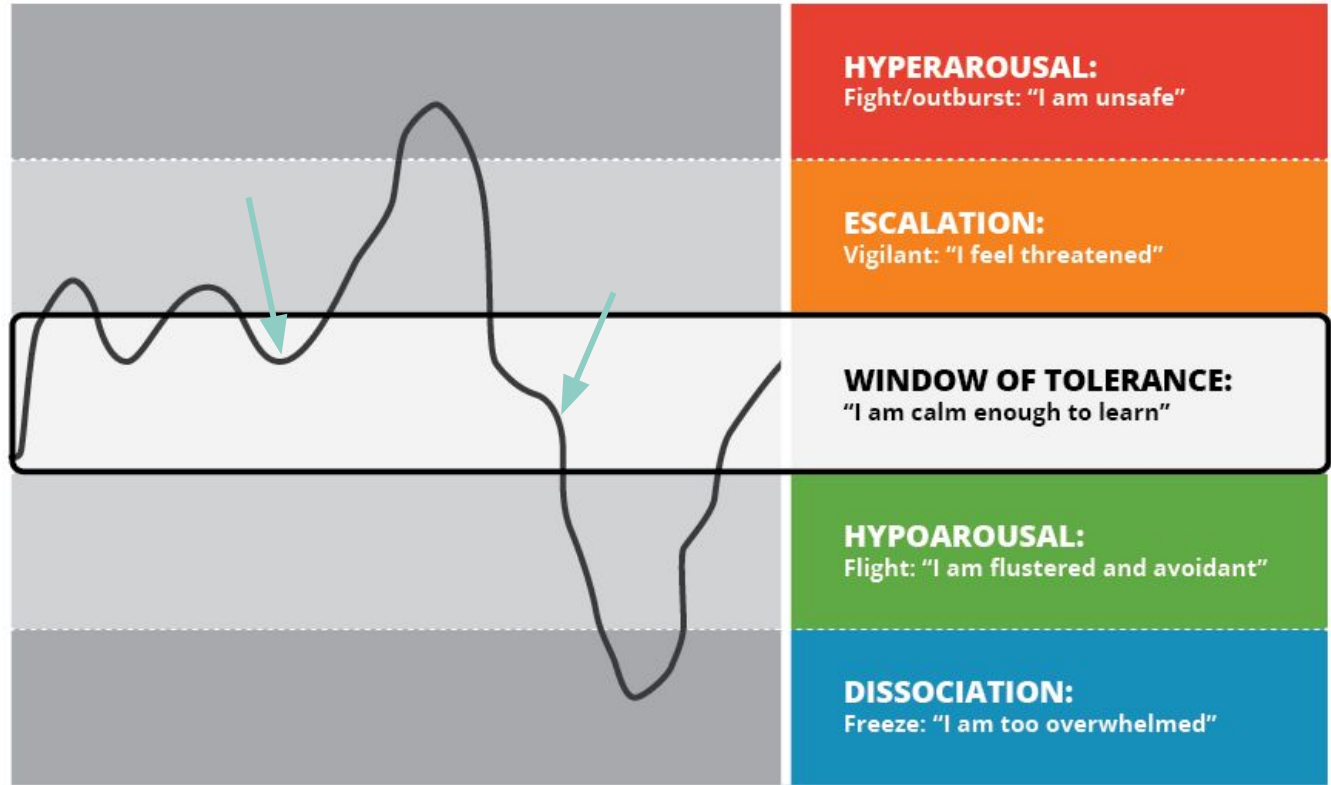
1. Acknowledge **Reality**
2. Acknowledge **Humanity**
3. Invite **Kindness**

## Sounds like...

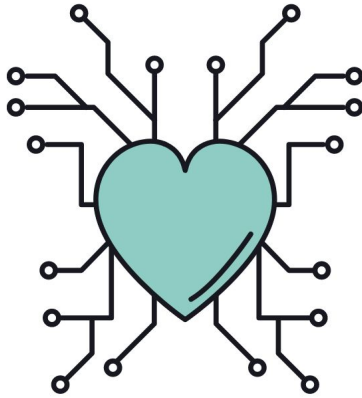
1. This is hard right now.
2. It is normal to feel this way.
3. May I be kind to myself.

# How do I fix a trauma flare with self-compassion?





# Trick Question!



## What do after you're triggered then?

1. Curiously notice the suffering (**feelings wheel**)
2. Remember the purpose of self-compassion
3. Practice the 3 components of self-compassion
4. Practice regularly when you are grounded.

# Questions





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BLOOM  
*Live*