



Rosenberg Self-Esteem Scale

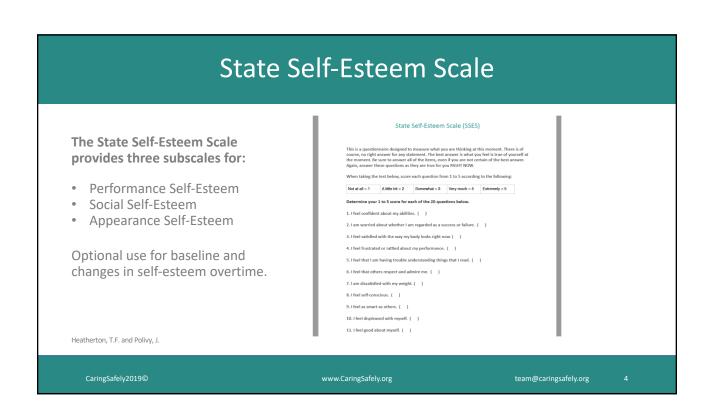
The Rosenberg Self-Esteem Scale provides a global score for self-esteem:

Optional use for baseline and changes in self-esteem overtime.

Rosenberg Self-Esteem Scale (SSES)				
When taking the test below, choose o	ne of the following for each of th	e 10 questions.		
Strongly Disagree Disagr	ee Agree	Strongly Agree		
1. I feel that I am a person of worth, a	t leas on an equal plan with othe	rs. ()		
2. I feel that I have a number of good	qualities. ()			
3. All in all, I am inclined to feel that I	am a failure. ()			
4. I am able to do things as well as mo	st other people. ()			
5. I feel I do not have much to be prou	id of. ()			
6. I take a positive attitude towards m	yself. ()			
7. On the whole, I am satisfied with m	yself. ()			
8. I wish I could have more respect fo	r myself. ()			
9.1 certainly feel useless at times. ()			
10. I think I am no good at all. ()			
Calculate your scores as follows:				
For items 1, 2, 4, 6, and 7:	Reverse score items 3, 5,	8, 9, and 10:		
Strongly Agree = 3	Strongly Agree = 0			

Rosenberg, M. (1965)

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Compassion

"Compassion is defined as the emotional response when perceiving suffering and involves an authentic desire to help" (Seppala, 2013)

"Compassion...involves the recognition and clear seeing of suffering. It also involves feelings of kindness for people who are suffering, so that desire to help – to ameliorate suffering – emerges." (Neff, 2011)

Two components: identifying with human suffering and a desire or motivation to do something to relieve this suffering.

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Compassion

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"It's essence is a basic kindness, with deep awareness of the suffering of oneself and of other living things, coupled with the wish and effort to relive it"

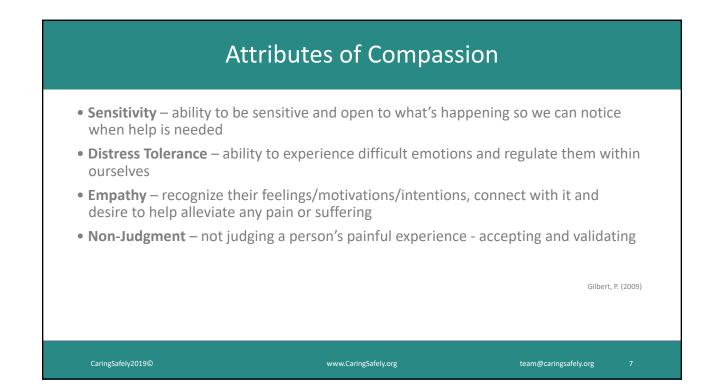
Book Recommendation: The Compassionate Mind: A New Approach to Life's Challenges by Paul Gilbert

Compassion requires certain skills, abilities and qualities

Gilbert, P. (2009)

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Benefits of Compassion				
 Caring releases oxytocin and Improved mental health Improve immune system lower blood pressure and cor Improve general psychologica Speeds up recovery of diseas Lowers anxiety and depression 	tisol al well-being e	soothing and calmness		
		Gilbert, P. (2009)		
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Barriers to Compassion

- Limited time
- Heavy workloads
- Paperwork
- Reward systems
- Lack of resources
- Work with clients that may evoke strong feeling of hopelessness, inadequacy, selfdoubt, grief, and fear that cause you to question your own professional competency – increased for people with perfectionist traits and who neglect own needs/self-care

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Self-Compassion

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- Recognizing the suffering in ourselves without judgment
- Feelings of kindness towards ourselves
- Doing something to ameliorate that suffering

Relating to ourselves with a greater awareness for our own suffering, without judgment, and taking a kind approach to relieve that suffering.

Treating/speaking to ourselves how we would treat and speak to a loved one

(Neff, 2011)

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Barriers to Self-Compassion

- Feeling "selfish"
- Limiting core beliefs
- Low self-worth
- Negative thinking patterns
- Non-supportive work environments
- Non-supportive relationships
- Self-criticism instead of compassionate curiosity

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Connecting the Concepts

- Personalize and integrate the concepts of this module, including:
 - Self-Esteem
 - Compassion
 - Self-Compassion

Handout

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