



# FAN, TA'LIM VA AMALIYOT INTEGRATSIYASI

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**SELF-COMPARISSON AS AN INTEGRAL BEHAVIOR OF A PERSON**

## **Annotation**

The study of the phenomenon of self-compassion as a personal relationship of a person to himself and is aimed at highlighting and describing the content of this phenomenon, identifying the conditions for the genesis of self-compassion as a special relationship of a person to himself in a situation of suffering and considering the impact of self-compassion on a person's living a difficult life situation and The first part is devoted to theoretical analysis of domestic and Western approaches to the concept of self-compassion. It is shown that the phenomenon of self-compassion has great potential as a predictor of a person's psychological well-being and the need to study self-compassion as a phenomenon is substantiated. The second part of the work is devoted to a qualitative study of the phenomenon of self-compassion.

**Key words:** self-compassion, personal relationship, phenomenon, Prerequisites, contribute, self-respect, confirmation, self-worth

## **Introduction**

Self-compassion is not about pity, but about supporting oneself in any situation and a healthy attitude towards what is happening. The concept of self-compassion is actually quite simple: treat yourself as a friend in any situation. In a hypothetical dismissal from a job, a person usually reproaches himself or others; but what would he do if his friend

were fired? Of course, supported and encouraged. So you need to act in relation to yourself - without undue pity, but with support. Similarly, it is supposed to act in case of success: instead of boasting or turning on the impostor syndrome, you need to rejoice and weigh the situation relatively sensibly. And, of course, wish yourself success - and do not stop there. The obtained data were processed in accordance with the phenomenological analysis according to the method. As a result of the study, a phenomenological description of self-compassion was created as a person's attitude to himself, in which there is acceptance of one's feelings, weaknesses and the situation of suffering in general, sympathy for one's experiences and careful, comforting handling of them, self-respect, confirmation of self-worth and dignity despite suffering. The prerequisites that contribute to the emergence of self-compassion are considered. The main stages of personal dealing with the situation of suffering in the presence of a compassionate attitude of the individual towards himself are singled out and described. As a result of the study, a phenomenological description of self-compassion was created as a person's attitude to himself, in which there is acceptance of one's feelings, weaknesses and the situation of suffering in general, sympathy for one's experiences and careful, comforting handling of them, self-respect, confirmation of self-worth and dignity despite suffering. The prerequisites that contribute to the emergence of self-compassion are considered.

### **Main part**

The main stages of personal dealing with the situation of suffering in the presence of a compassionate attitude of the individual towards himself are singled out and described. As a result of the study, a phenomenological description of self-compassion was created as a person's attitude to himself, in which there is acceptance of one's feelings, weaknesses and the situation of suffering in general, sympathy for one's experiences and careful, comforting handling of them, self-respect, confirmation of self-worth and dignity despite suffering. The prerequisites that contribute to the emergence of self-compassion are considered. The main stages of personal dealing with the situation of suffering in the presence of a compassionate attitude of the individual towards himself are singled out and described. Sympathy for their experiences and careful, comforting treatment of them, self-respect, confirmation of self-worth and dignity despite suffering. The prerequisites that contribute to the emergence of self-compassion are considered. The main stages of personal dealing with the situation of suffering in the presence of a compassionate attitude of the individual towards himself are singled out and described. Sympathy for their experiences and careful, comforting treatment of them, self-respect, confirmation of self-worth and dignity despite suffering. The prerequisites that contribute to the emergence of self-compassion are considered. The main stages of personal dealing with the situation of suffering in the presence of a compassionate attitude of the individual towards himself are singled out and described.

What is the essence of self-compassion?

So, we have already found out that self-compassion is compassion for oneself. To better understand the essence and mechanism of this phenomenon, you need to imagine that you treat yourself as your best friend. Most of us will always support a comrade if he is in trouble, and even if he is wrong and did something wrong. The opposite is also true - it is the best friends, who are able to restore our faith in our own strength, support us in any difficult circumstances and say that the troubles that happened to us did not depend on us from the very beginning. What is interesting: after listening to words of consolation, most people are able to perk up and, if they don't believe that they are completely right, then at

least stop obsessing over trifles, which is also good. At the same time, we are unreasonably strict with ourselves, demanding obviously more than we can do at the moment. So self-compassion is an opportunity to become your own best friend and say to yourself all those words of support that we would say (and say!) To our friends if something happened to them. In fact, it is a powerful mechanism that works for the benefit of our mental and emotional health. How it works? We have heard many times: in order for someone to love us, we must first love ourselves. Self-compassion is a healthier and more effective alternative to self-flagellation. Only those who do nothing do not make mistakes, and mistakes are given so that life is not too boring and sad. Believe me, at the end of your life you will not remember how you passed all the exams at the institute on time, came to work every day at exactly 9.00, washed the floors and washed clothes on weekends. But the incendiary party, because of which you overslept for work, is easy. A failed session that left you without a scholarship and got a job in a nightclub - too. A weekend in nature will be remembered much better than the most general cleaning in the world. And you will easily survive that a neighbor who came to visit was horrified by the mess in your house and told your mother or mother-in-law about this mess. This does not mean that self-compassion should turn into self-pity and justify all your mistakes. Not at all, you will critically rethink your shortcomings and draw the appropriate conclusions, and next time you will prepare for exams in advance, do the cleaning on Thursday, not Saturday, and duplicate the alarm clock on your smartphone with an ordinary iron alarm clock placed in an enameled bucket. Another thing is important - not to let small mistakes destroy your personality and turn your being into endless longing and self-flagellation. How to strike a balance between a responsible attitude to your affairs and your own life, reasonable self-criticism and self-compassion? To do this, you need to understand what constitutes self-compassion. What is self-compassion made of? Here we return again to the work of Christina Neff, who identified three main components of self-compassion. After analyzing them, you will see for yourself that there is nothing wrong with supporting yourself, your loved one, in a difficult moment. And this does not prevent you from drawing logical conclusions from your circumstances and moving on.

Basic elements of compassion:

- Kindness to ourselves is exactly the same kind that we show towards others.
- Understanding - we must recognize that small and even large failures are an indispensable element of our lives.
- Mindfulness and awareness - you can not ignore your negative emotions, belittle their significance or exaggerate their influence on the course of further events.

Christina Neff argues that mindfulness is a calm state of mind when a person is able to perceive their emotions without self-judgment and self-flagellation. Only in this state is a person able to adequately assess the situation and his own actions. Thus, self-compassion is needed, at a minimum, in order to remain adequate in any circumstances, and not to assume that you are now responsible for everything in the world, including the change of seasons. And this is not the only advantage of this approach.

Why is self-compassion needed?

Why else do you need self-compassion, other than to maintain the adequacy of perception? There are many pluses! Benefits of self-compassion:



- Self-compassion helps to avoid stress - a helping hand is always better than self-flagellation, which leads to despondency and depression.
- Self-compassion makes you healthier - all diseases are from the nerves, so if you do without unnecessary hassle, you will save yourself health.
- Self-compassion makes you stronger - positive emotions balance the psyche, make you feel protected and needed by someone, at least to yourself.
- Self-compassion gets you back on track faster than self-flagellation, which leads to depression and a long-term decline in performance. And you need to be efficient and productive already in order to correct the mistakes that you made.
- Self-compassion is completely logical. After all, what happened has already happened, and it is useless and unconstructive to worry about it endlessly.

As you can see, being able to have compassion for yourself is a very useful skill. How to achieve such a balance of emotions and adequacy of perception? This is already a whole technology!

How to master the skill of self-compassion?

Self-compassion, like so much else in this life, can be learned. If you constantly scold yourself or sincerely agree with the endless criticism addressed to you, it just means that you have a field to work with. The methods and recommendations of Christina Neff will help you with this. It is not necessary to use them all at once - choose what you like and practice every time you feel annoyed in your address.

Practicing Self-Compassion:

- Write down words of encouragement that you would say to your best friend if they were in a difficult situation.
- Write down the words your friends say to you when they want to support you.
- Write down the words you say to yourself when something unpleasant happens to you.
- Re-read all the entries and feel the difference. If the difference is palpable and not in your favor, you need to do something with self-esteem. You can just leave yourself only note number 1 and read the words of support, turning them to yourself.
- If the notes don't help much yet, learn to meditate . It allows you to calm down and tune in to a positive wave, including in relation to yourself.
- Learn to be mindful - do not drive away negative thoughts, but take them and everything they relate to as a given.
- Forgive yourself - you'll do better next time!

How do you know if you personally need to learn self-compassion or if you are a completely adequate person? To do this, let's remember the scales of self-compassion , which were developed by Christina Neff.

Scales of Self-Compassion

The scale of self-compassion looks like a normal psychology test, of which there are many. The test includes 26 questions, for each of which you need to choose one of the answers on a scale from "Almost never" (1 point) to "Almost always" (5 points).



At the end of the test, the interpretation of answers and scoring are automatic, and you will know how capable you are of self-compassion. For informational purposes, we present the test questions in Russian in literary translation, because for some questions in our language there are more exact correspondences than those offered by the dictionary.

#### Self-test questions

- ✓ I condemn my shortcomings.
- ✓ When I feel down, I tend to obsess over my condition.
- ✓ When things go wrong, I see it as a hardship that everyone goes through.
- ✓ When I think about my shortcomings, I feel cut off from the rest of the world.
- ✓ I try to cheer myself up if something has caused me emotional pain.
- ✓ I react inadequately to my failures in important matters.
- ✓ When I'm not myself, I remember that there are many other people in the world who feel the way I do.
- ✓ When times are really tough, I tend to be hard on myself.
- ✓ When something upsets me, I hold back my emotions.
- ✓ I justify my inadequacy by saying that many people tend to experience similar emotions.
- ✓ I am intolerant and impatient with those aspects of my personality that I do not like.
- ✓ I understand that you can't praise yourself - no one will praise yourself, so I praise myself when I overcome difficulties.
- ✓ When I feel down, I tend to think that most other people are probably happier than me.
- ✓ When failure happens, I try to balance the situation.
- ✓ I know people aren't perfect, and neither am I.
- ✓ When I don't like something about myself, I get angry at myself.
- ✓ When I fail at something important to me, I don't give up.
- ✓ When I'm really struggling, I tend to feel that other people must be having an easier time now.
- ✓ I pity myself when I suffer.
- ✓ When something upsets me, I immerse myself in my feelings.
- ✓ I can be cool when I'm in pain.
- ✓ When I feel overwhelmed, I try to approach my feelings with curiosity and openness.
- ✓ I am tolerant of my shortcomings.
- ✓ I tend to make an elephant out of a fly.
- ✓ When I fail at something important to me, I tend to feel alone in my failure.
- ✓ I try to be understanding and patient with those aspects of my personality that I don't like.





If after passing the test (and you can take it here ) it turned out that self-compassion is not developed in your best way, do not be upset, but take it as given that you can work with. You can sign up for our Psychic Self-Regulation course , and then in a short time you will learn not only self-compassion, but also many other techniques of psychological self-control. And at the same time say goodbye to apathy, laziness, procrastination and a tendency to worry about small things for a long time, if such tendencies sometimes bother you. We wish you peace and peace of mind. And remember that you are unique, inimitable and capable of the coolest things!

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