

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Self-compassion in primary care: new resources for patients and clinicians

In a recently published online book¹, self-compassion in primary care is explored. It includes a section on the perfectionist patient who generally operates from a place of a lack of self-compassion. A good question (especially for teenagers) is to ask “what's the emotional tone of the conversation in your mind” and in a distressed patient, it is usually not kind.

In primary care, we see this as a lot of self-blame and strong words such as failure, rather than evaluating what went wrong. Patients tend to compare themselves negatively to others, and can be challenging to please, blaming others, and being self-critical.

Detecting issues with self-compassion. If you suspect this is an issue refer to Kristen Neff's website [Self-Compassion](#) and do her questionnaire.

Management. Ask the patient to cultivate the voice of self-kindness in their minds. Suggest they have a personal coach rather than an angry sergeant-major in their mind.

Reference:

1. Self-compassion in primary care: A powerful tool for patients and practitioners. In: New Perspectives in Compassion for Tomorrow's Doctors p104. (2020) [View here](#)

[Click here](#) to view more Gems



If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here.](#)

Copyright © 2020 Goodfellow Unit, All rights reserved.

You are receiving this email as you are a registered member of the Goodfellow Learning website

www.goodfellowunit.org

Our mailing address is:

Goodfellow Unit

The University of Auckland | Grafton Campus

22-30 Park Ave, Grafton

Auckland, Auck 1023

New Zealand