

## **A CONCEPTUAL GLANCE: SELF-COMPASSION**

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### **Abstract**

The aim of this study is to draw out a conceptual scheme of self-compassion. Self-compassion; "Being polite, kind, and understanding, rather than criticizing the individual in a painful and unsuccessful way, Instead of isolating herself from life as a result of negative experiences she has experienced, she does not see this as a part of the experience that most human beings experience; The negative and self-inflicted suffering and painful emotions and thoughts above them, standing with a logical sense of consciousness. " In this context, conceptual development of self-compassion, basic components and sub-dimensions are investigated. The studies on the relation of the sub-dimensions to each other have been examined. The adaptation, validity and reliability studies of the Self-Compassion scale have been investigated. Conceptually, studies on individual and group differences, cultural approaches have been examined. The perspectives of psychological approaches are examined. Relations with concepts such as self-chastity, self-pity, self-esteem, self-confidence, self-esteem have been investigated. Researches conducted in our country and in the world have been examined and self-compassion training programs have been investigated. A general compilation of all these studies has been made and a conceptual basis has been established.

**Keywords:** Self-Compassion, Self-Compassion Sub-Dimensions, Self-Compassion Scale.