

# Ways to Deal with Failure

## Dos

- Self-Warmth
1. Self-Kindness
  2. Recognize Common-Humanity
  3. Mindfulness

## Don'ts

- Self-Coldness
1. Self-Judgement
  2. Isolation
  3. Over-Identification



# Self-Compassion

Encounter failure/ difficulties,  
We should Embrace & Accept our  
inadequacies & shortcomings.  
Meanwhile, Strengthen our Strengths

## Self-Care, Self-Love

### SELF-WARMTH

VS

### SELF-COLDNESS

- ◆ Self-kindness:  
Being Warm & Understanding  
of our suffering/ failure
- ◆ Recognize Common-Humanity:  
Recognize our suffering &  
personal inadequacy as part  
of shared human experience
- ◆ Mindfulness:  
Knowledge of our  
Weaknesses & Strength in a  
non-judgmental manner

- ◆ Self-judgment:  
Flagellating ourselves with  
self-criticism
- ◆ Isolation:  
Perceive "I" were the only  
person suffering/ making  
mistakes.
- ◆ Over-Identification:  
Only focus on our  
own weaknesses and  
suffering



WE ARE HERE TO LISTEN

CONTACT  
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