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WITH MINDFUL SELF-COMPASSION APPROACH: WITHOUT MINDFUL SELF-COMPASSION APPROACH: Perspective: Supportive: Hostile: Vision for yourself: Acceptance: Rejection: Response: Self-improving: Self-blaming: Physical health: Healthy habits. Like - exercise, a good diet, meditation, etc. Unhealthy habits. Like - smoking, alcohol, drug addiction, etc. Mental health: Relaxed.Calm.

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