



Main Constructs

Self-compassion refers to a way of relating to the self that entails:

- Kindness and understanding instead of harsh self-criticism in instances of pain or failure
- Perception of own experience as part of entire human experience, instead of isolation
- Mindful awareness of experiential pain instead of overidentification.

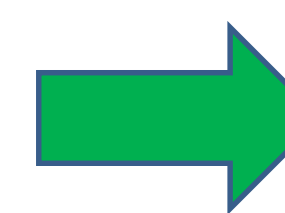
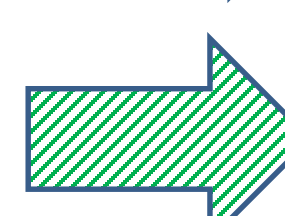
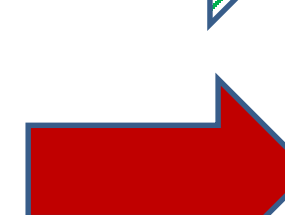
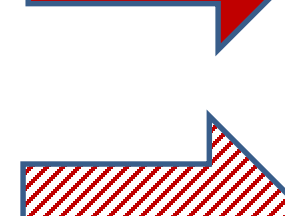

(Neff, 2003)

Ostracism refers to an instance of exclusion and the subsequent processes of reactions and responses to the event. The reflexive stage of ostracism results in pain and distress, largely independent of individual differences and immediate context. The responsive stage depends on:

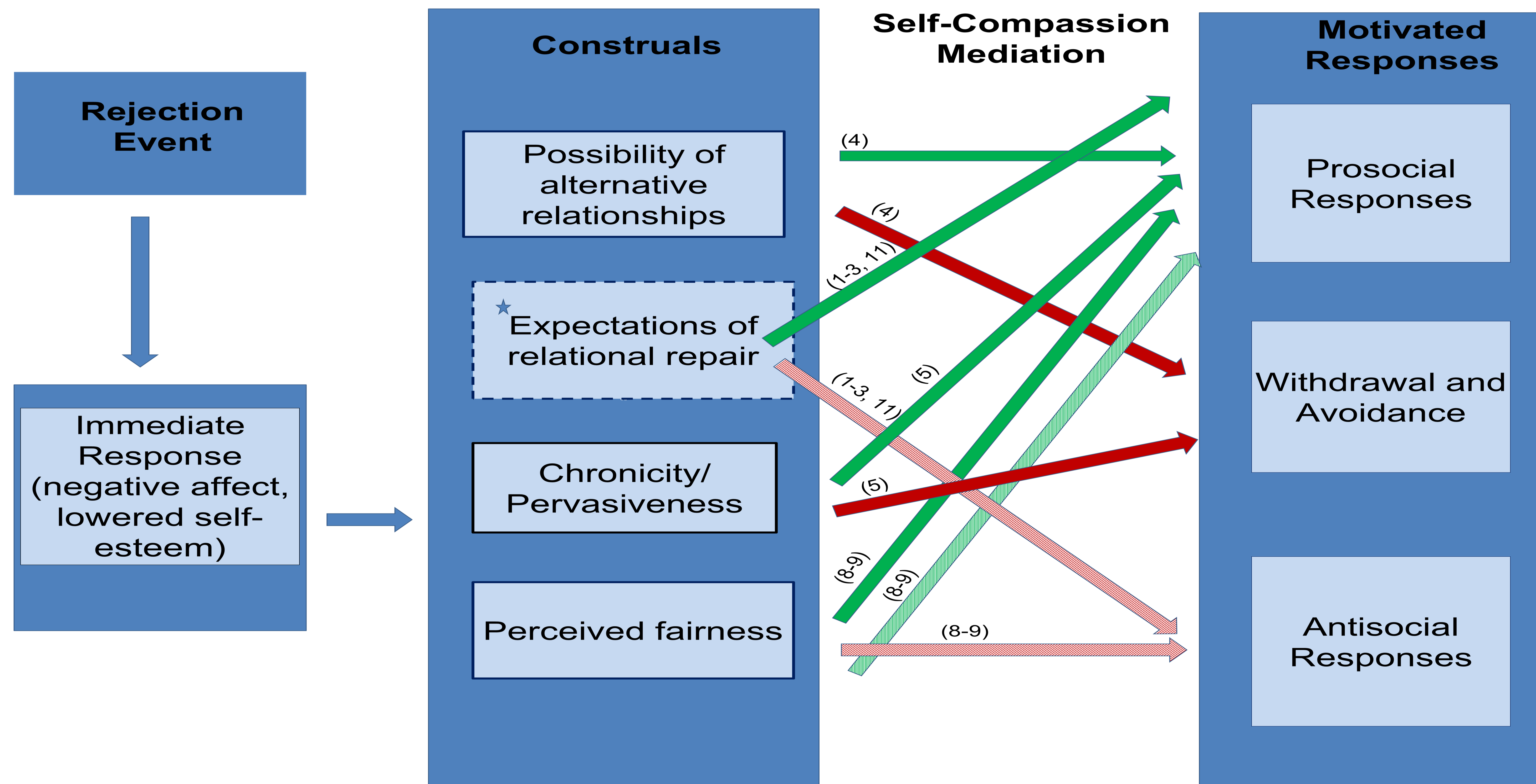
- Specific needs that are thwarted
- Individual differences
- Assessment of who ostracizes and why.

(Williams, 2007)

Model Key

-  High S-C, High Construal
-  High S-C, Low Construal
-  Low S-C, High Construal
-  Low S-C, Low Construal
-  S-C mediates relationship between immediate response and construal

Proposed Model (Adapted from Smart Richman & Leary, 2009)



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