**The assessment of the relationship between self-compassion and family health**

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**Abstract:**

The command of blissful of God and his messengers, especially of the prophet of Islam with dignity and the Imams after his Holiness, is oneself and others self-compassion to all people and world. Self-compassion insists on self-acceptance of his experience to self and consciousness (mindfulness) in the kindness framework. The family has important role in people learning for communication dynamism such as love, respect, truth and communication or loss of these. The aim of review study, to assess the role of self-compassion on family health in terms of communication and life satisfaction. The results of studies show people with self-compassion have kindly goals in relationships, this means that they tend to social support and encourage interpersonal trust with their wives. Self imaging as a valuable and worthy has important role in the ability to maintain and satisfaction to making love relationships. Self-compassion links to feelings such as social connection and life satisfaction. Therefore, self-compassion could play a determining role in the psychological health and consequently establish and maintain healthy relationships of family members. So that if people have high self-compassion, they can have creative and useful relationship together, acquire satisfaction from life and help to durability, stability and commitment in their lives.

**Keywords:** self-compassion, family health, life satisfaction.