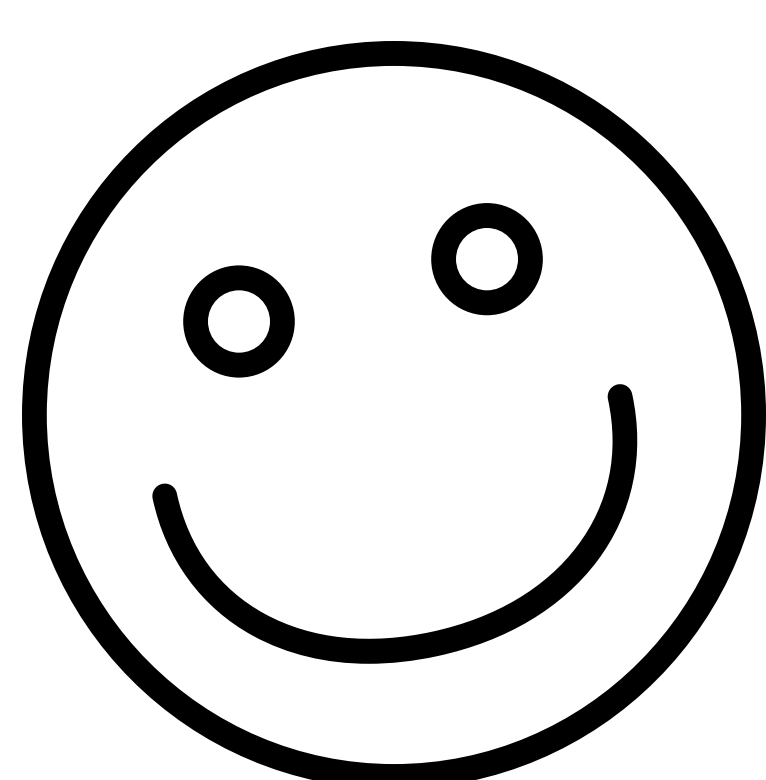


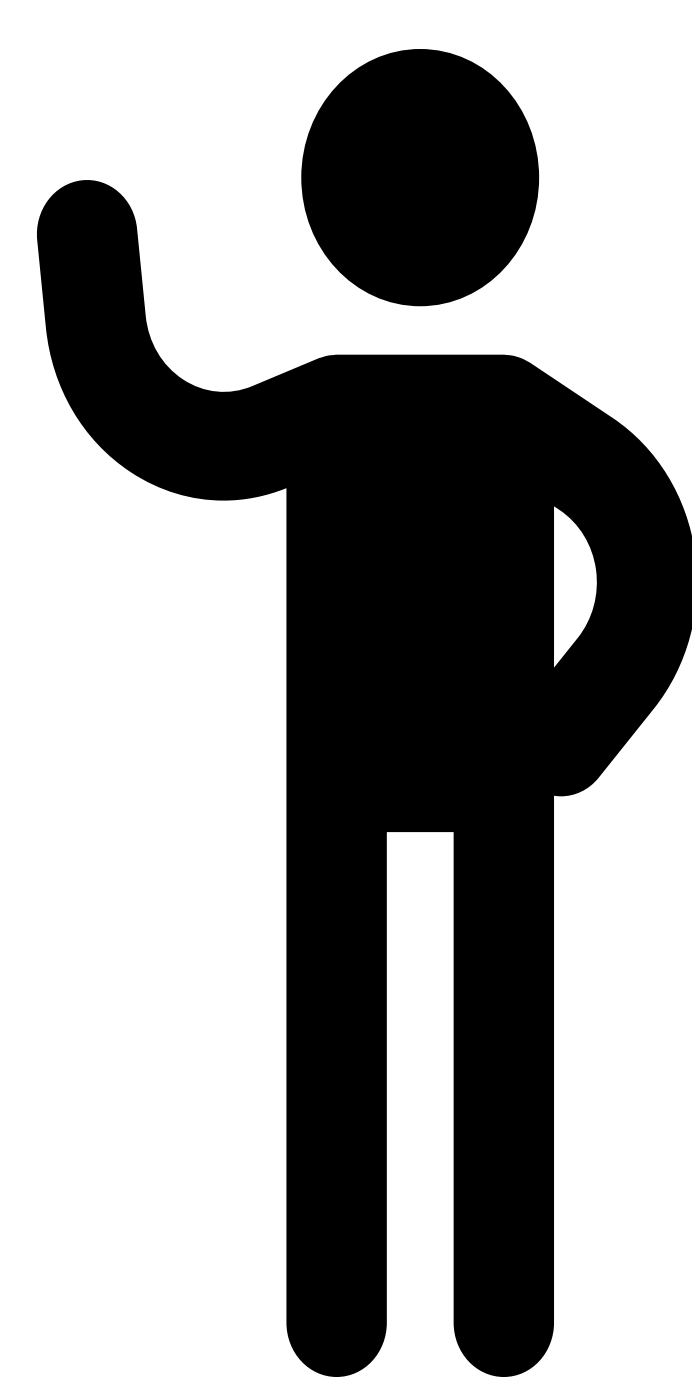
DEVELOP SELF-COMPASSION



Think about how your life might change....



If you found a good wise friend inside you...



Become Aware

CATCH YOUR INNER CRITICAL VOICE IN ACTION. EXAMINE IT



Talk Back

TALK BACK GENTLY TO YOUR INNER CRITICAL VOICE

3

PRACTICE REPLACING YOUR SELF-CRITICAL INNER TALK WITH SELF-COMPASSIONATE STATEMENTS



Practice

4

**Imagine
Doing it for someone else**



IMAGINE HOW YOU WILL COMPASSIONATELY AND GENTLY TALK TO A FRIEND WHO MADE THE SAME ERROR

5

Ask a friend to demonstrate

SHARE YOUR INNER CRITICAL VOICE WITH A COMPASSIONATE FRIEND. OBSERVE HOW HE/SHE RESPONDS TO YOU .INCOPROATE SOME ASPECTS OF THAT STYLE IN YOUR OWN SELF-TALK



6



Write a letter to self

WRITE A COMPASSIONATE LETTER TO YOURSELF FROM AN IMAGINARY BEST FRIEND

Positive Psychology Unit
Department of Clinical Psychology
NIMHANS

Bottom Line : It is worth developing a healthy friendship with yourself