



# DEVELOP SELF-COMPASSION

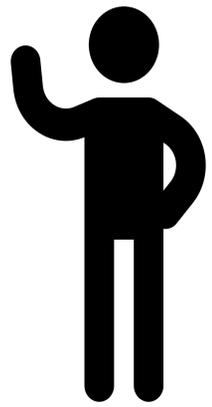
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Think about how your life might change...



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*



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