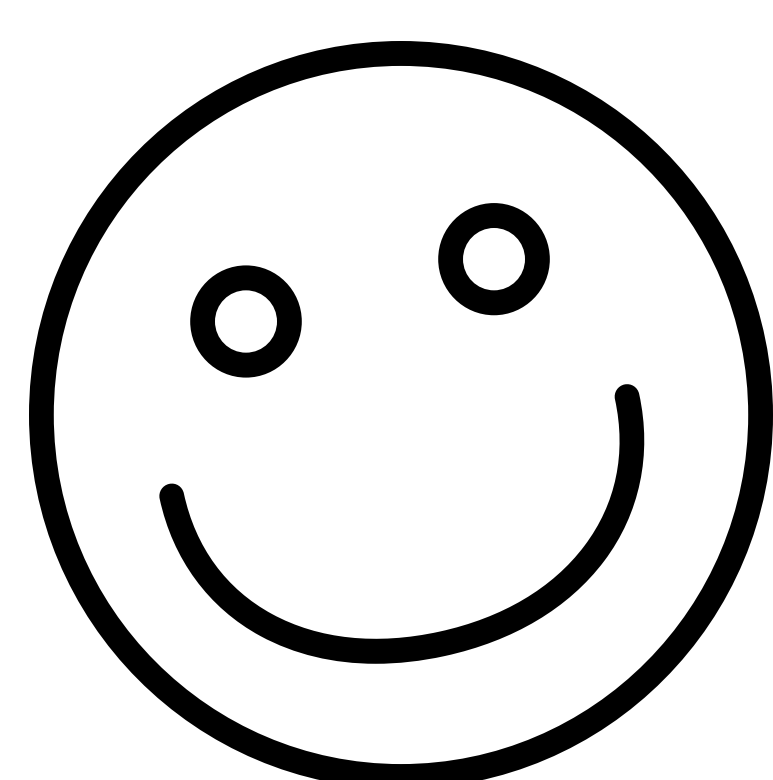


DEVELOP SELF-COMPASSION

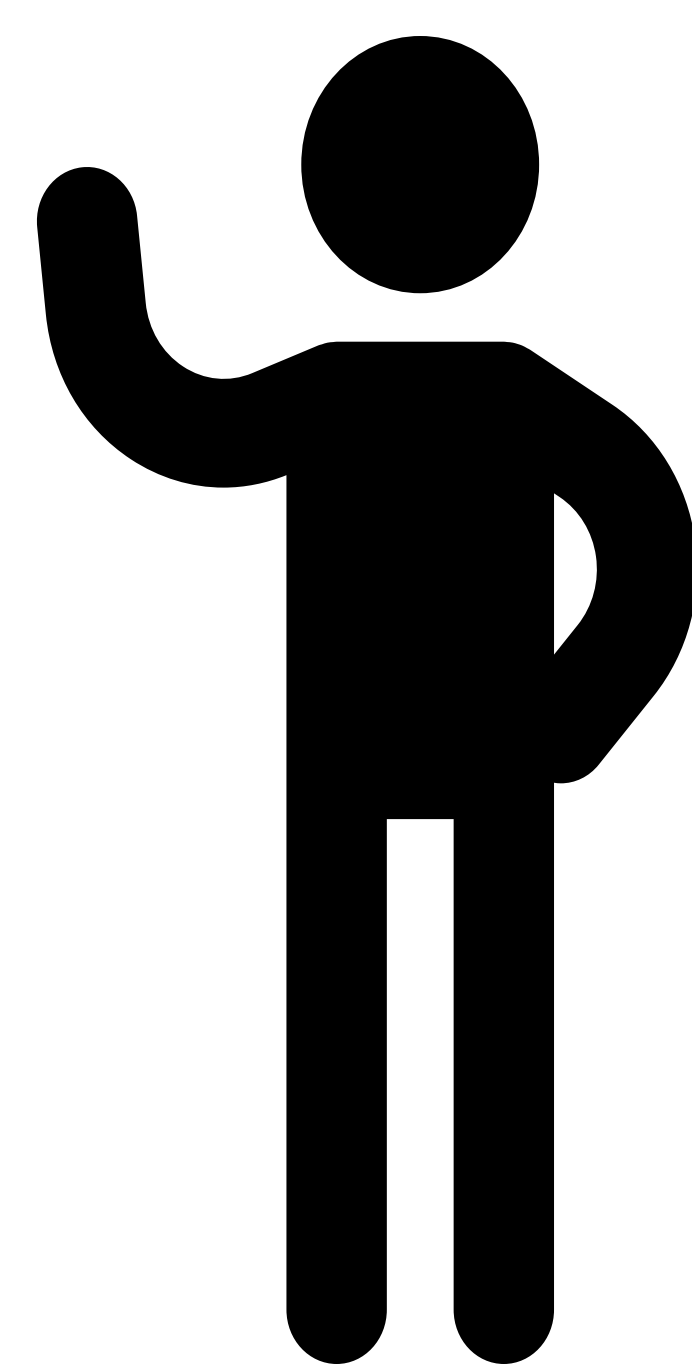
Positive Psychology Unit, Department of Clinical Psychology, NIMHANS



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
.INCORPORATE 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**



A NIMHANS resource used with
due permission for ICMR project.

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