



EMMA GERASIMATOS

FINDING YOUR INNER COMPASSIONATE VOICE



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With many thanks to Dr Kristen Neff

This is a fantastic exercise to build up that part of you that can support you and kindly assist you in making the changes you want to make. It can also help you to have a more loving and accepting relationship with your inner critic which removes a lot of its sting. Enjoy xxx.

Step 1. Think about a real behaviour that you would like to change and describe it here:

Step 2. When you find yourself being critical of this behaviour how does your inner critic express itself? This could be in words or feelings. Please describe what happens:

Step 3. Consider the part of you that feels criticised. How does it feel? And what is the impact of that feeling on you?

Step 4. Write down some words of support that feel natural to you directed towards that part of yourself that feels criticised.

Step 5. Turn toward your inner critic and ask, why are you doing this? Are you trying to keep me safe? To protect me? Please describe what comes up:

Step 6. Come up with some words of thanks directed towards your inner critic:

Step 7. Ask the inner critic to step aside to make space for the inner compassionate self. Close your eyes and try to get in touch with this part. Breathe into it. What does this part have to say?:

Step 8. Write a letter to yourself from this part. Then read it.