**Section 6 LEARN SELF-COMPASSION**

**Exercise: Practice Compassionate self-talk**

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| **Self-Critical Thought** | **Self – compassionate alternative self-talk** |
| **Example:** I could not talk properly with my boss. I am a weak and incapable person. | Yes. It is disappointing that I could not put across my point well. But, this does not mean I am weak. He was in a hurry and I was perhaps too stressed. I will find a way /another opportunity. Moreover, this does not make me a weak person as a whole .I have done a fair job on other occasions |
| **Your self-critical thoughts here:** | **Your self- compassionate alternative self-talk here:** |
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