

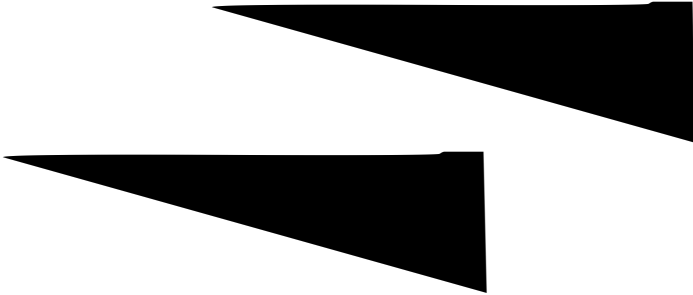
Using Self-Compassion to change negative self-talk

By Dr. Kristin Neff

1. Think about the ways that you use self-criticism as a motivator. I

I

2. Next, see if you can think of a kinder, more caring way to motivate yourself to make a change if needed.



3. Every time you catch yourself being judgmental about your unwanted trait in the future,

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