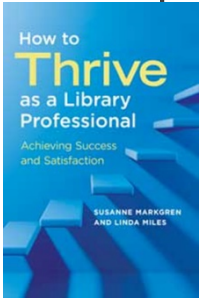


FINDING YOUR PLACE: MINDFULNESS AND SELF-COMPASSION



Exercise: Objective and Compassionate Advice to Yourself

Instructions:

1. In a journal, write down something that has been bothering you, or something that you don't like about yourself, or something that you fear. Describe it in detail and in depth.
2. Take a step back and pretend that you are your own close colleague, best friend, or family member. Read the description aloud with the perspective of that caring other.
3. Turn the page over, and write down what you would tell your colleague, friend, or family member if this was his/her/their problem/issue/fear.
4. Read your advice to yourself aloud, with compassion.

Adapted from: Neff, *Self-compassion: The proven power of being kind to yourself*, 2011, p. 35-37