

EXERCISE:



Bringing Compassionate Self to your multiple selves

Compassionate self to angry self

What is the angry self trying to do to protect me?

What does my compassionate self want to say and do to help my angry self?



Say:

Do to help:

Compassionate self to anxious self

What is the anxious self trying to do to protect me?

What does my compassionate self want to say and do to help my anxious self?



Say:

Do to help:

Compassionate self to sad self

What is the sad self trying to do to protect me?

What does my compassionate self want to say and do to help my sad self?



Say:

Do to help: