

# EXERCISE:

## Compassionate responses (where there is no identified function)



### 1) Compassionate focus towards the voice

What emotion is the voice directing towards you?

Now write down a response that names this emotion (e.g., *it sounds like you are feeling X*), and then make some offers to help with this:

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Would you like to set a boundary with your voice?

Write down a response that you feel fits with this emotion. For example, for an angry voice it might be firm but respectful, or comforting/reassuring for an anxious voice. This can acknowledge that while the voice has something important to communicate, your own needs are important too and this is why a boundary is needed (e.g., a set time or place that you can set aside for later to give the voice its opportunity to speak):

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### 2) Compassionate focus towards the part that's *receiving* the voice

What feeling do you have in your body as the recipient of the voice?

Now write down a response that names this emotion (e.g., *this voice is making me feel X. This is located here in my body*), and then make some offers to help with this:

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### 3) Compassionate focus towards both (voice and voice-hearer relationship)

Is there a conflict between you and the voice?

If your compassionate self could act as a peacekeeper (a third party who is coming in to help the two parts who are in conflict) what would it say or do to help? Think about how a marriage counsellor might address a fight between a wife and husband. Or how a referee in sport de-escalates a conflict between opposing players or teams. What would you say to help switch from threat to calmness?

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