A Self-help Companion



My Compassionate Mind Training Plan

Helping a friend out

Safe place imagery

Write a compassionate letter to myself

Paying attention to others' kindness

Compassionate imagery

Breathing

Mindfulness

Compassionate voice tone 'hello!'

Courage - face one thing I've been avoiding

Walking in the body of, and/or acting as, the compassionate self

Noticing the concerns of a stranger

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
CMT plan							
Notes							