

Self Compassion Exercise: The Criticizer, Criticized & Compassionate

Scenario A: Fired from job because of constant lateness.

Scenario B: Had a few days of poor food choices (ie – Ice Cream daily in summer)

Scenario C: Not losing weight at the rate a person wants want

Think of Each Scenario from The Below Perspectives:

- 1. The Self-Critic. Write down what the self-critical part of you is thinking and feeling.** For example “I hate that fact that you’re such a whimp and aren’t self-assertive.” Notice the words and tone of voice the self-critical part of you uses, and also how it is feeling. Worried, angry, self-righteous, exasperated? Note what your body posture is like. Strong, rigid, upright? What emotions are coming up for you right now?

A -

B -

C -
- 2. The Criticized Person.** Try to get in touch with how you would feel being criticized in this manner. Then **write down how you feel, responding directly to the critic.** For example, “I feel so hurt by you” or “I feel so unsupported.” Again, notice the tone of your voice? Is it sad, discouraged, childlike, scared, helpless? What is your body posture like? Are you slumped, downward facing, frowning?

A –

B –

C -
- 3. The Compassionate Person.** Call upon your wisdom, your caring concern, and **address both the critic and the criticized. What does your compassionate self say to the critic?** For example, “You sound very much like your critical grade 3 teacher” or, “I see that you’re really scared, and you’re trying to help me so I don’t mess up.” **What does your compassionate self say to the criticized part of yourself?** For example, “It must be incredibly difficult to hear such harsh judgment day after day. I see that you’re really hurting” or “All you want is to be accepted for who you are.” What is the tone of your voice? Tender, gentle, warm? What is your body posture like – balanced, centered, relaxed?

A –

B –

C -

Reflection

- Do you have any new insights into how you treat yourself?
- Where do you think your patterns come from?
- What are some new ways of thinking about the situation that are more productive and supportive?
- As you think about what you have learned, set your intention to relate to yourself in a kinder, healthier way in the future. A truce can be called in your inner war. Peace is possible. Your old habits of self-criticism don't need to rule you forever. What you need to do is listen to the voice that's already there, even if a bit hidden – your wise, compassionate self.