

Master the
Self-Compassion
technique





Reflection.

Does it feel vague? Here's why it's meant to...

The self-compassion technique matters. Why? Because it focuses specifically on one thing.

This is the first technique that focuses completely on the way you talk to yourself.

It's about the biggest, most permanent conversation you're having. The one with yourself.

What does the self-compassion technique do?

- It helps you to be in the moment.
- It helps you become more aware of your feelings & thoughts.
- It helps you to be aware of how you speak to & see yourself.
- It guides you towards having compassion for yourself & others.

How do I get the most out of this technique then?

Well as wonderful a tool as Mygrow is, it can't read your mind, thoughts or emotions.

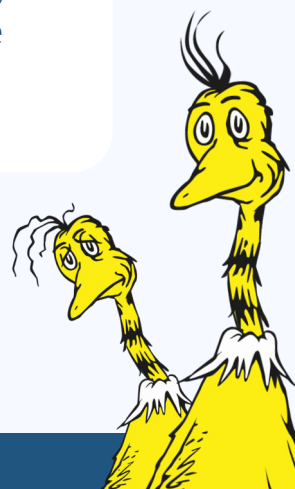
But... it can guide you through stories and tasks that help you express your mind, thoughts and emotions.

Why?

So that you can see what you are thinking and feeling towards yourself and others.

Why?

So that you can learn to have compassion in the areas it's low or lacking.



But why is compassion so important?

Because it helps you to be **OK** with having both strengths and weaknesses.

Because it tells you that you are **valuable** and important despite having weaknesses.

Because it helps you to realise that you are **still growing** and have more to learn despite having strengths.

So if you want to knock this technique out of the park:

- Complete each task as closely to the instruction as you can.
- Give a little detail. Share your story.
- Trust the process of the technique and trust yourself in it.
- Don't let feeling awkward block you from trying.

