

Exercise 6.8: Using your compassionate companion to help you (pages 175-7)

For this exercise we are going to use your compassionate companion to help you with something that you are struggling with. To begin, please choose something for your compassionate companion to help you with that has been a small struggle this week. Try not to choose something that is overwhelming or where there are major life decisions to be made. As you get better at this exercise, you can gradually increase the challenge of the difficulties you ask your companion to help you with, and when you feel ready, you can use this exercise to help you with overeating and self-criticism.

Use the audio for Exercise 6.8 to help you.