

VOICEOVERS

Compassion Framework (from the work of Dr. Kristin Neff)

Whenever you are aware of the Inner Critic voice, stop and thank the voice for trying to protect you for perceived harm. Then take a minute to “turn-up the volume” on your inner nurturer using the self-compassion framework.

1. PRESENCE/MINDFULNESS

This will mainly involve bring awareness to the painful emotions that arose due to your self-judgment or difficult circumstances. Write about how you felt: sad, ashamed, frightened, stressed, and so on. As you write, try to be accepting and non-judgmental of your experience, not belittling it nor making it overly dramatic. (For example, “I was frustrated because she was being so demanding. I got frustrated, rattled, and felt foolish afterwards.”)

2. COMMON HUMANITY

Write down the ways in which your experience was connected to the larger human experience. This might include acknowledging that being human means being imperfect, and that all people have these sorts of painful experiences. (“Everyone over-reacts sometimes, it’s only human.”) You might also want to think about the various causes and conditions underlying the painful event. (“My frustration was exacerbated by the fact that I was late for my doctor’s appointment across town and there was a lot of traffic that day. If the circumstances had been different my reaction probably would have been different.”)

3. SELF-KINDNESS

Write yourself some kind, understanding, words of comfort. Let yourself know that you care about yourself, adopting a gentle, reassuring tone. (It’s okay. You messed up but it wasn’t the end of the world. I understand how frustrated you were and you just lost it. Maybe you can try being extra patient and generous to any wait-staff this week...) Try to notice any progress you might have made. (“I got frustrated but in the past I would have got angry and said something, I see and appreciate the progress I am making”.)

A little more about Self-Compassion from Dr. Neff’s website:

What self-compassion is.

The three elements of self-compassion.

What self-compassion is not.

Tips for practice.

<https://self-compassion.org/the-three-elements-of-self-compassion-2/#definition>