Compassionate self image

PROGRESS PSYCHOTHERAPY

Pychological models have suggested the existence of a part of us that has the ability to soothe us through distress. It may be the truest aspect of us as it is not held back by shame. In compassion focused therapy it is called the compassionate self. This part of you has complete self compassion it just needs to be reached. This tool helps people who cannot recognise and imagine it.

What does this part of you need to know or understand to soothe you?
What strength or quality does it need to help you?
What does this part, that has absolute compassion for you, feel about you?
Picture it- what does that part of you look like?

With the image in your mind, close your eyes and listen to it. What does it say about your current situation or distress?

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