

Week 6 Home Practice:

1. Set intention for formal practice for the week. Utilize Inner Compassionate Coach Meditation altering with Open Awareness Meditation.
2. Observe and mentally label the voice of the “Inner Critic” or “Inner Perfectionist” when it comes up throughout the week. If you have personalized names, use those.
3. Informal Practice: Use the Yin or Yang Self Compassion gestures and phrases during times of need. Use pages 16 & 21 to journal moments you were able to utilize the practice of either Yin or Yan Compassion.
4. Utilize page 23 in the workbook to journal experiences with Self Compassion and doing the Self Compassion meditation.

