

Don't Talk To Me Like That!
Maximize Your OCD Recovery Using Self-Compassion
Your Self-Compassion Statement

Briefly jot down an overview of a situation where you've been self-critical:

Now, take a few moments to put the three elements of self-compassion about this situation into your own words. We've given basic examples of each of the three in quotes.

- 1. Mindfulness: "This is a moment of suffering."*
- 2. Common humanity: "Other people in a situation like mine would probably feel just like I do."*
- 3. Self-kindness: "I'm going to be nice to myself and treat myself like I would my best friend."*

Finally, combine it all together into one self-compassion statement:

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Your Motivation Plan

- 1. What has your critical voice been saying to you about your progress?*

- 2. How is that making you feel?*

- 3. What would be a more self-compassionate thing to say to yourself?*
 - a. You might even want to start out by speaking directly to your self-critical voice, "I know you are just trying to help me, but I've got this...."*
 - b. Don't forget to use all three components (see other side)*

- 4. Now how do you feel?*

- 5. How might you use this more motivating approach on a day-to-day basis to help you achieve your goals?*