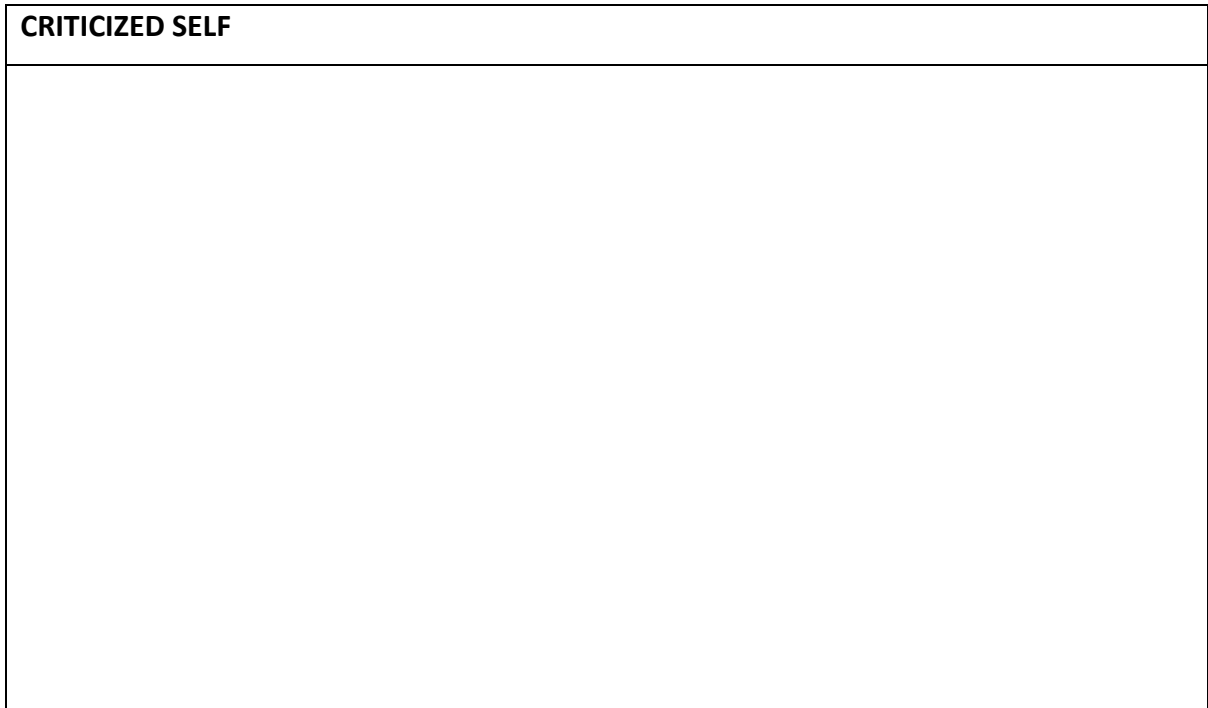


## HANDOUT 7.7: REPRESENTING THE SELF CRITIC AND CRITICIZED SELF

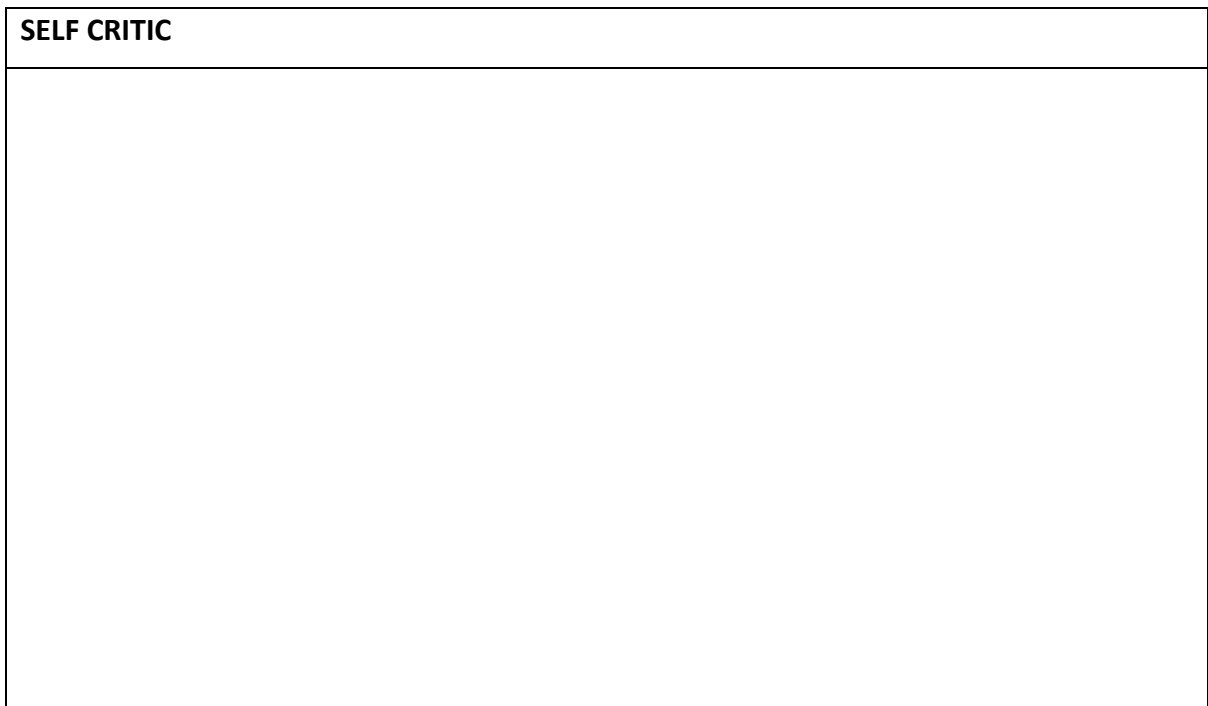
We have many channels through which we can connect to our different selves: one of these is through creative expression with colours and shapes.

Represent your Self Critic and your Criticized Self through colours and shapes: it might be an abstract representation or a figure drawing:

**CRITICIZED SELF**



**SELF CRITIC**



Now connect to your Compassionate Self through one of the practices you have learned; spend some minutes feeling its courageous wisdom and desire to be of help to both those parts. If you imagine that both these parts, both the Self Critic and the Criticized Self absorb all the compassion they need, how would they transform? Would you add different colours? Would the change shape?

Draw them below:

<b>CRITICIZED SELF</b>

<b>SELF CRITIC</b>