

HANDOUT 7.8: GETTING TO KNOW THE SELF-CRITIC THROUGH TOUCH

Try walking around the house or outside (you can do this by following the Mindful Walk - Practice 5.6 in your booklet).

During this walk, find a rough, angular object that can represent your self-criticism. Take a few moments to run your hands over it, touching its protruding, maybe even a little sharp, edges. Observe all the nuances, creases, corners; try to close your eyes and perceive it only through touch - what feelings does it evoke in you?

Then, still holding it in your hand, try to hold it tightly, as if you wanted to suffocate it, or destroy or hide it - what feelings does it evoke in you?

Soften your grip, and embodying your Compassionate Self, imagine now that you can gently caress it - what feelings does it evoke in you?

You can write down the insights that emerged from this short experiential practice:

