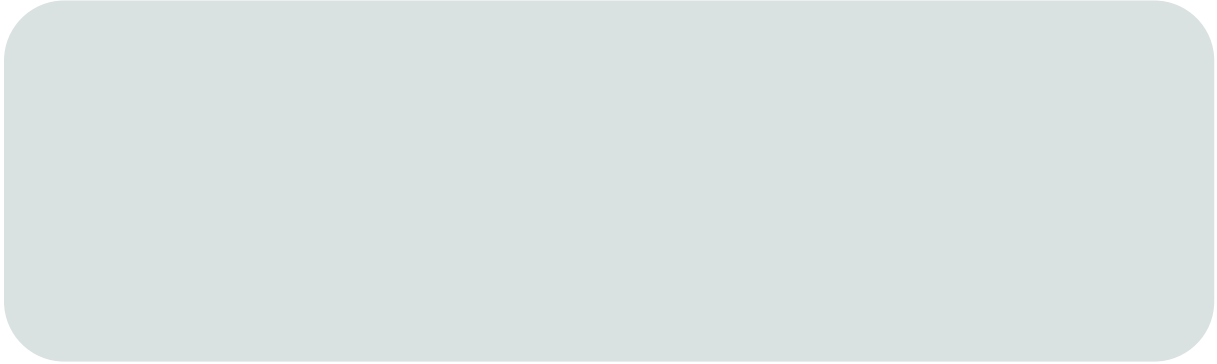


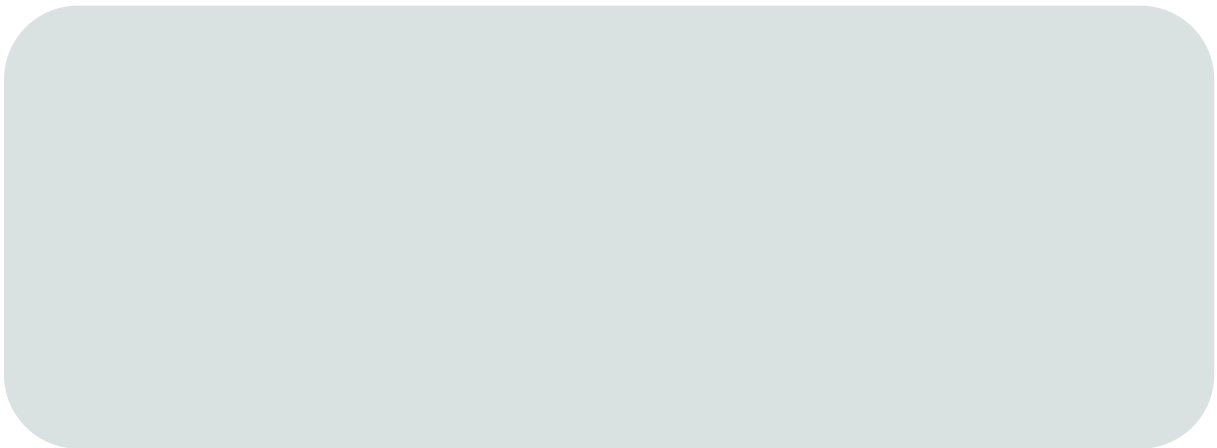
HANDOUT 9.4: SELF-COMPASSION IN VIDEO

After viewing the two recordings of yourself, answer the following prompts:

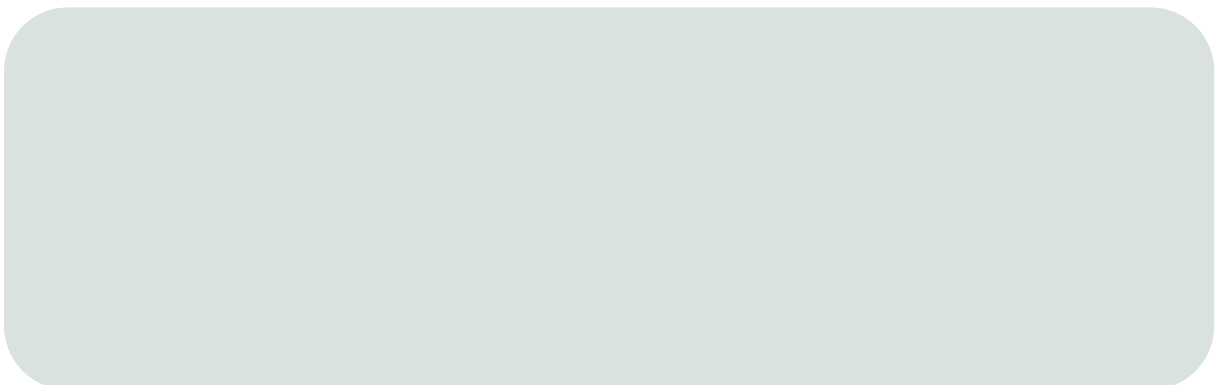
What did you notice after watching the first video? What struck you? What emotions did you notice come up for you?



What were you thinking and feeling toward yourself as you told the story in the first video? Was there any moment in the video that made you experience desire to help that person (yourself)? If yes, what would you have wanted to tell them?



What did you notice while watching the second video? What struck you the most?



Did you notice any expressions of compassion in the second video? If yes which ones?

