

---

# Exercise and Affirmation for Strengthening Self-Compassion and Shrinking the Inner Critics

---

**MindBody Breakthrough**

[www.mindbodybreakthrough.net](http://www.mindbodybreakthrough.net)



**Wale Oladipo**

---

# Exercise:

1. Find a comfortable position where you won't be disturbed for about 15 minutes. Get a note-book and a pen.
2. Write down the following affirmation 10 times while pausing in-between each sentence, 'I love myself unconditionally.'
3. Pay attention to your inner critical voice as you write your affirmation. Whatever inner criticism or negative thinking comes up to discredit your affirmation, write it down.
4. Also pay attention to any emotions that may come up. Do not block or suppress these emotions. Let them flow through you or watch over you while you imagine that you are in your special place of safety, resilience and relaxation.
5. Listen to your inner critics throughout the exercise and write down every inner critic attack enters your awareness.
6. After finishing writing your affirmation 10 times, turn to your inner critics attacks notes, start to defend yourself against each negative statement. Visualise that these inner attacks are directed to your defenceless and helpless inner child and you are her only source of defence and compassion. Start your defence statement with 'I...' or 'I am...' or 'I refuse...'
7. Repeat this exercise everyday for 7 days. Then do it once a week afterwards.

---

# Affirmation for Strengthening Self-Compassion and Shrinking the Inner Critics

I am a human being and not a human doing. I love and accept myself unconditionally for who I am, and not what I do or don't do. I do not need to be perfect as there is no such thing as perfection. I reject toxic grandiosity by wanting to be more than human through unreasonable perfection-seeking behaviours. I also refuse to be less than human through self-shaming, self-hating and toxic guilt. The more I love myself, The more I am loved in the world. The more I accept myself, the more I am accepted in the world. I am not a passive observer, but co-creator of my own destiny.

[Insert your defence notes against the inner critics here].

I refuse to self-shame, self-hate or self-harm. I refuse to collaborate with my inner critics to destroy my progress and healing with self-criticisms. My authentic self is never defective or flawed, in spite of my past traumas. My negative emotional, somatic and behavioural symptoms are imposed upon me by the traumatic past. They are never mine. And I pass them all back to where they belong. I embrace my authentic self. I stand by my authentic self in self-compassion. I am the only one she will never lose. I refuse to toxically reject my core self. I refuse to toxically hold myself responsible for the mistakes and errors of my past. I now see mistakes as my wisdom

---

teachers, helping me to learn daily how to love myself unconditionally. I embrace my perfectly imperfect self. This is a hallmark of fully actualising human. I am a human being, and not a human doing.