
Exercises and Affirmation for Healing Toxic Shame and Strengthening Self-Compassion

MindBody Breakthrough

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Healing Toxic Shame and Strengthening Self-Compassion Mirror Exercise

1. Imagine yourself sitting down in front of a mirror.
2. Imagine that you can see your own reflection in the mirror.
3. Now blend with the inner critics within you and attack what you are seeing in the mirror.
4. Notice the words and sentences of your inner critics against you.
5. Once you're done criticising your own reflection in the mirror, write down all the inner critics words.
6. Now identify with the YOU in the mirror, your reflection, that's being criticised. Imagine that your reflection in the mirror is your inner child that can't defend herself physically or verbally.
7. Now defend your inner child against each and every negative statement from your inner critics. Start your defence statement with 'I...' or 'I am...' or 'I refuse...'
8. Read your defence statement aloud twice a day for 21 days.

Exposing the Inner Critics Using Retrospective Self- Awareness Exercise:

1. Sit down in a quiet place.
2. Bring to mind a recent situation where you lost your temper, felt completely helpless, became emotionally overwhelmed, or experienced undesirable emotional flashbacks.
3. Write down everything you remember about this incident.
4. Now stay silent for a while and recall what your inner critics said to you in the aftermath of the episode.
5. Write down all the inner critics attacks that you recalled.
6. With self-compassion, positively defend yourself against every single inner critic attack that you've written down.
7. Start your defence statement with 'I...' or 'I am...' or 'I refuse...'
8. Read your defence statement aloud twice a day for 21 days (you can combine this statement with the mirror exercise defence statement and read them aloud at the same time).

Affirmation for Healing Toxic Shame and Strengthening Self-Compassion Mirror Exercise

I am a worthy being that deserves the best in life. I am not defective. I am not inadequate or fundamentally flawed. My traumatic past may have affected my brain, emotions and life, I refuse to be defined by them. I refuse to collude with the inner critics to shame my present and my future. My inner critics are psychic representations of my past traumas, and I refuse to give them the centre stage in my psyche. I refuse to destroy my sense of worth and confidence through self-shaming, self-criticism and self-hating.

I deserve to be loved by me. I choose to reconnect, love and defend my inner child. I choose to be on her side and nurture her through self-acceptance, self-compassion, empathy and unconditional positive regard. Toxic shaming and hating is no longer my portion. I put self-shaming, self-hating and self-denial back to where they came from. They came from the traumas that I went through and I pass them back to the past. They are not my belongings but imposed upon me and forced into my neurological tissues. I pass them back now. I am an advancing soul that embraces self-compassion, self-love and self-acceptance. I choose to live fully and enjoy life fully. I am a deserving human being and not a toxic human doing.