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FORM 3.8

Compassionate Self-Validation

Directions: Think about the most compassionate, nurturant, loving, and kind person you can imagine. Now imagine that person talking with you, soothing you, telling you that your needs are important and that your pain is heard and felt. What would that person say? What would this compassionate voice sound like? How would you feel?

What my compassionate voice can tell me about my needs. What would it say or do?	How I would feel?