

Session 3

Journaling



Reflect on the following and write or draw in your brown journal (or any journal you would like to use).

● Watch this Ted Talk titled "Dare to Rewire Your Brain for Self-Compassion" by Weiyang Xie

● Try the exercise Dr. Xie suggests. Keep a journal for just one day writing down all of the negative thoughts you have about yourself. Then ask, "Am I sure these are true?".

How could you change these things to positive thoughts?



BE LOVED.
BE KIND.
BE YOU.