



From Self-Criticism to Self-Compassion

Do you tend to be hard on yourself?

*This **5-session group therapy** for NUS Undergraduate students is a space to explore why self-criticism shows up, and how to shift toward self-kindness.*

Details of the Group Therapy:

- **Location:**
 - University Counselling Services (UHC Level 2)
- **Day/Dates:**
 - Wednesdays
 - 7 Oct, 14 Oct, 21 Oct, 28 Oct, & 4 Nov 2026
- **Time:**
 - 3:00PM to 5:00PM

(Attendance is **highly encouraged** for all 5 sessions.)

Through guided discussions, reflective activities, and practical tools, this group will explore:

- ***Why we self-criticize and how it affects us***
- ***What self-compassion really means***
- ***Skills to respond to inner struggles with kindness instead of judgment***
- ***Ways to build daily habits of self-care and emotional resilience***

Whether you're feeling stuck, burnt out, or simply curious about growing your emotional wellbeing, this is a space to connect, share, and heal, together.

NUS Undergraduate students, click [HERE](#) to express your interest & join the group!

Only shortlisted participants will be contacted.

