

I am Enough: A Journey to Self-Compassion

Join our 6-session group therapy for **full-time PhD students** and explore your inner world through a compassionate lens:

1

Explore how early life experiences shape the way we see ourselves and the world. Our past can influence how we respond to challenges and how we relate to others.

2

Understand how these experiences create deep fears and sensitivities. We may become more alert to potential pain, rejection, or failure as a way to stay safe.

3

Identify the protective strategies we've developed to cope with our fears. We develop behaviours like avoidance, overworking, or numbing—strategies that once helped us get through tough times.

4

Recognise the unintended consequences of these strategies—they may help at first but can eventually leave us feeling stuck, disconnected, or overly self-critical.

5

Learn how to respond with self-compassion, and begin to heal and grow—because **YOU ARE ENOUGH!**

Details of the Group Therapy:

- **Location:**
 - University Counselling Services (UHC Level 2)
- **Time:**
 - 10:00 AM – 12:00 PM
- **Day/Dates:**
 - Tuesdays – 19 & 26 August; 2, 9, 16 & 23 September 2025

(Attendance is highly encouraged for all 6 sessions.)

Full-time NUS PhD students, click [HERE](#) to express your interest & join the group!

*Registration Process

Sign up → Pre-Session Screening → Sessions start

