



From Self-Criticism to Self-Compassion

Do you tend to be hard on yourself?
Previously known as "I Am Enough: A Journey to
Self-Compassion", this **5-session group therapy**
for full-time NUS Postgraduate 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:**
 - Tuesdays
 - 3 & 10 February 2026
 - 10, 17, & 31 March 2026
- **Time:**
 - 2:00PM to 4:00PM

(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.

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

Only shortlisted participants will be contacted.

