



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.

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.

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

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

Only shortlisted participants will be contacted.

