Are you self critical or perfectionistic? 
Do you compare yourself unfavourably to others? 
Do you worry you’re not “good enough”? 
Do you often feel ashamed or guilty? 
Do you put too many unrealistic demands on yourself? 
Do you think taking breaks means you are “lazy”?

If this sounds like you, then you may be interested in our Self Compassion Group. 

The group will be every Tuesday from 2:30 to 4pm from 10th October until 21st November (break for reading week 31st October).

The group will be in person at the Mile End campus (Graduate Centre, room GC214) and will involve myth busting, group discussions, in-session exercises and between-session exercises.

If interested, contact welfare@qmul.ac.uk for more information.

The group will be a safe and confidential space (maximum 12 people). Please ensure you can attend all sessions before registering.

Would you like to understand more about out why we criticise ourselves, what striving for perfectionism costs us, what self-compassion means and how we might cultivate it for ourselves?