

# The Garden Shrink

From Self-Criticism to Self-Compassion: A Garden Approach

Self-criticism often sounds like motivation—but it rarely produces growth.

**Notice the Critical Voice:** What does it say?

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**Name the Cost:** How does this voice affect your energy or joy?

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**Shift to a Compassionate Gardener Voice:** What would a wise gardener say?

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**Choose Care Over Control:** What does care look like right now?

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Reminder: Healthy growth comes from consistent care, not harsh judgment.