

BAYLA'S CURE

BY HINDA

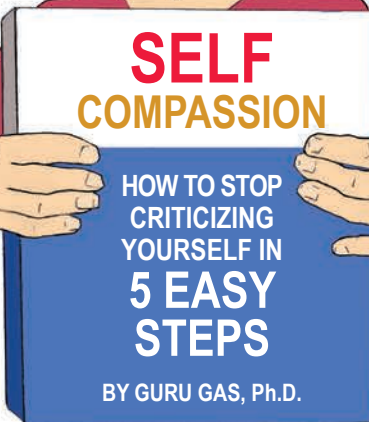
THERAPY SESSION 12

I'VE BEEN A RELENTLESS SELF CRITIC FOR YEARS.

I'VE BEEN BEATING MYSELF OVER THE HEAD. SO I'M SWITCHING FROM SELF-CRITICISM TO SELF-COMPASSION!

THE BOOK COST ME \$39.99.

BAYLA, MY THERAPY WOULD'VE BEEN A BETTER INVESTMENT.



DR KATE (BAYLA'S THERAPIST.)

STEP 1

BLAME YOUR ANCESTORS FOR ALL YOUR CRAZINESS. YOU'VE INHERITED THEIR GENES!

IT'S ALL YOUR FAULT!

JEWISH WOMAN DURING BIBLICAL TIMES.



STEP 2
BE KIND TO
YOURSELF.

I DON'T
KNOW
HOW TO
DO THAT.

YOU'RE
ALREADY
TOO SELF-
ABSORBED.

START BY
REPEATING
THIS MANTRA:
"MAY I WIPE
OUT MY
ANCESTOR'S
GENES FROM
MY BRAIN'S
PATHWAYS."

MAY I WIPE
OUT MY
ANCESTOR'S
GENES FROM
MY BRAIN'S
PATHWAYS.
MAY I WIPE...

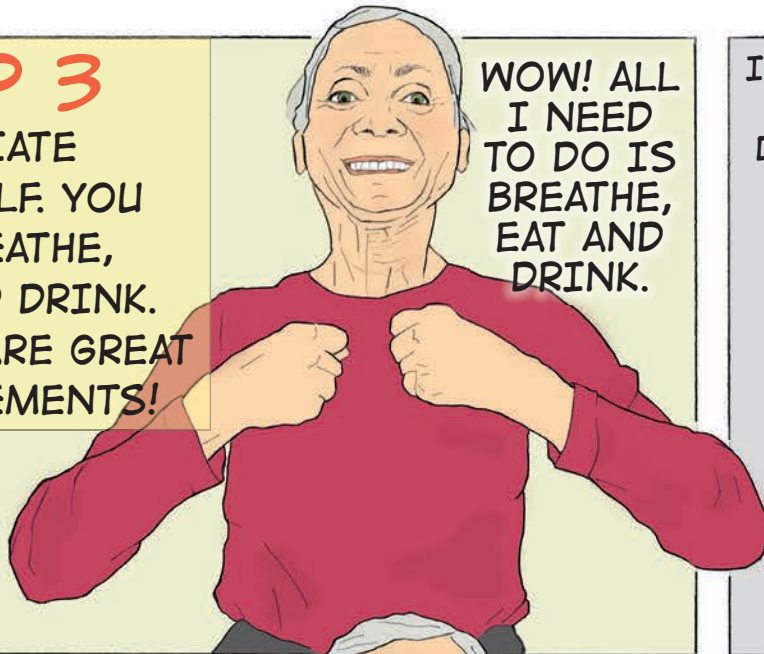
NOW YOU'LL
HAVE ROOM
TO BE KIND
TO YOURSELF.

MY BRAIN
ALWAYS
DID FEEL
CLOGGED.

BAYLA, YOU
THINK YOU
CAN JUST
WIPE OUT
YOUR
BILLIONS OF
NEURONS?!

STEP 3

APPRECIATE YOURSELF. YOU CAN BREATHE, EAT AND DRINK. THESE ARE GREAT ACHIEVEMENTS!

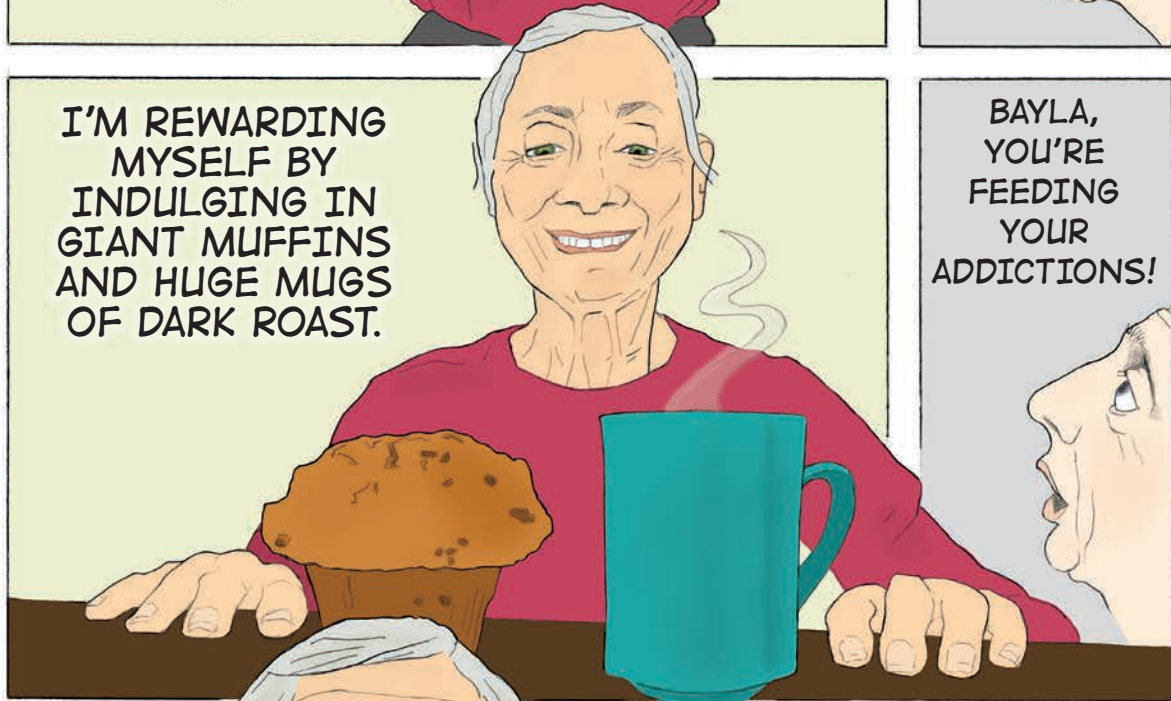


WOW! ALL I NEED TO DO IS BREATHE, EAT AND DRINK.

I CAN THINK OF MORE DESERVING ACHIEVEMENTS.



I'M REWARDING MYSELF BY INDULGING IN GIANT MUFFINS AND HUGE MUGS OF DARK ROAST.



BAYLA, YOU'RE FEEDING YOUR ADDICTIONS!



I'M GETTING DEPRESSED



YOU WERE GOING TO CUT BACK ON SUGAR AND CAFFEINE.



STEP 4

STOP FEELING YOU NEED TO BE PERFECT. IT'S OKAY TO BE IMPERFECT.

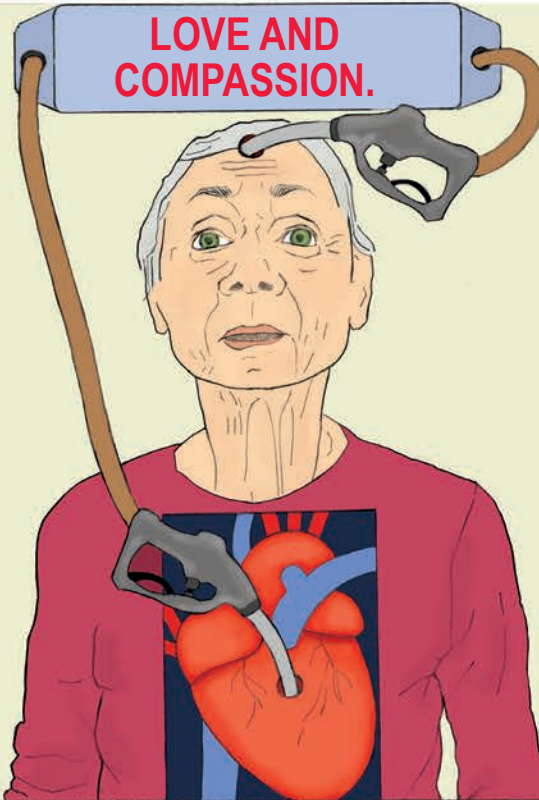


THEN IS IT OKAY TO HATE MYSELF AND EVERYBODY ELSE?

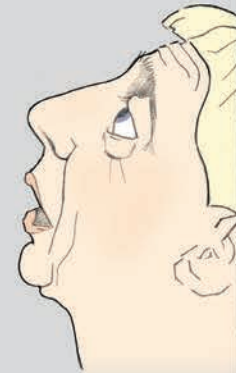
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STEP 5

FILL YOUR HEAD AND HEART WITH LOVE AND COMPASSION. DON'T LEAVE ANY ROOM FOR YOUR BAD AND UGLY THOUGHTS.



BAYLA, YOUR HEART IS A PUMP! IT'S NOT A CAR YOU FILL WITH GAS.



HOW DO YOU FEEL NOW THAT YOU'VE DONE THE STEPS?



I'M STILL CRITICIZING MYSELF FOR:

HATING
JUDGING
DISTORTING
RETALIATING
RESENTING
LUSTING
PLAGIARIZING
STEALING
LYING
DECEIVING

FAILING!

I TOLD YOU IT WAS A BAD INVESTMENT.

