

# BAYLA'S CURE

BY HINDA

THERAPY  
SESSION 12

I'VE BEEN A  
RELENTLESS  
SELF CRITIC  
FOR YEARS.

I'VE NO FUN  
BEATING  
MYSELF OVER  
THE HEAD.  
SO I'M  
SWITCHING  
FROM SELF-  
CRITICISM TO  
SELF-  
COMPASSION!

THE BOOK  
COST ME  
\$39.99.

## SELF COMPASSION

HOW TO STOP  
CRITICIZING  
YOURSELF IN  
5 EASY  
STEPS

BY GURU GAS, Ph.D.

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.

CLEARED PATHWAY  
CLEARED PATHWAY  
CLEARED PATHWAY

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  
ACHIEVE-  
MENTS.

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.

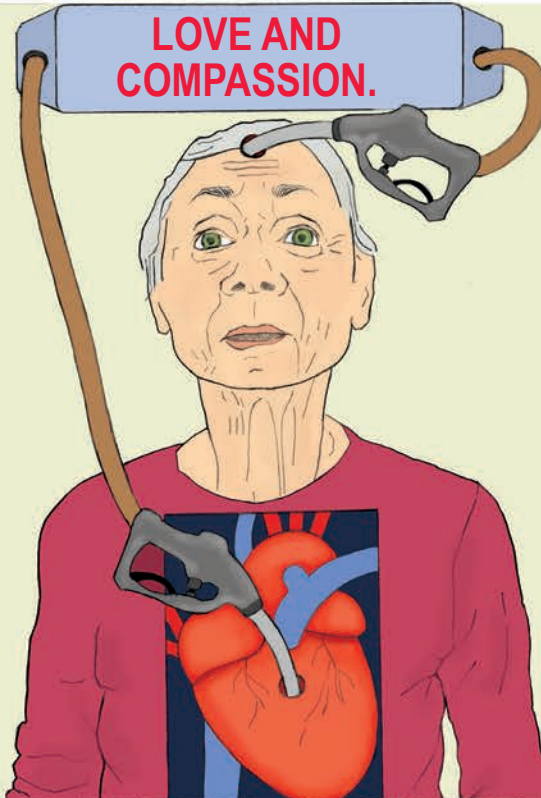


THEN IS IT OKAY  
TO HATE MYSELF  
AND EVERYBODY  
ELSE?

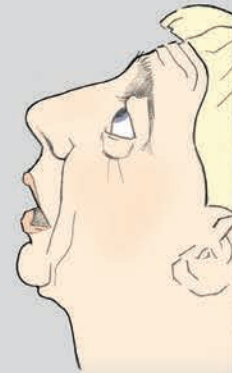
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## STEP 5

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  
INVEST-  
MENT.

