



Self-image Training (COMET)

On the Path to a More Positive Self-image

Deep down, you might know that you judge yourself too harshly. Yet, negative thoughts like *'I'm not good enough,' 'I'm boring,'* or *'I don't matter'* keep resurfacing. This can feel heavy and discouraging.

Do you recognize yourself in this? Would you like to learn how to see yourself differently – more honestly, with greater understanding, and a focus on your positive qualities? If so, the *COMET (Competitive Memory Training)* might be for you.

What Is the Training About?

The *COMET* helps you develop a more realistic and positive self-image, step by step. It's not about relearning everything, but about discovering and truly feeling what you already know deep inside about yourself.

This training is hands-on, not passive. Through practical exercises, you'll learn to make positive thoughts stronger than negative beliefs.

What Can You Expect?

During the training, you will learn to:

- Recognize and let go of negative thoughts about yourself.
- Strengthen positive thoughts and feelings about yourself.
- Make your self-image more tangible and realistic.

The *COMET* offers a practical approach to building a more positive and empowering self-image, step by step.

In a safe and supportive group setting, you'll work on your self-image together with others.

The focus is on doing, not just talking. The more you practice, the greater the impact. That's why we ask you to dedicate at least 30 minutes a day to working on your self-image.

How Does It Work?

Before starting, you'll have a 20-minute personal intake session to discuss your situation with the trainers.

Meetings:	once a week
Meeting duration:	1.5 hours
Number of meetings:	8
Materials:	You will receive a workbook.

Sign Up or Learn More?

Consult with your practitioner whether he or she can register you. For more information, please contact trainingen@ggze.nl.

Self-image Training (COMET) is a product of GGzE



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