



Exercises in SELF-KINDNESS

Do you have a pesky little voice in your head that is constantly telling you what you're doing wrong and what you need to do better? Becoming aware of this running commentary makes it easier to let it go and be kinder to yourself. Consider the questions on the following pages and write down your answers or just think about them in your head.

1. What challenges did you run up against today (or last week, or anytime recently)?

3. Can you write down what actually happened, without exaggerating or making it more dramatic?

2. Did you feel tense, angry, or sad?

4. Think about life as a balance of highs and lows, and remind yourself that everyone is unlucky sometimes. With this in mind, what does your inner voice say now?



5. Do you feel differently now? (It also helps to remember that negative feelings do pass.)

6. What mistake have you recently made as far as your own feelings are concerned?



7. Did this mistake make you feel like you're not good enough?



8. Do you have a friend, partner, or family member who makes the same sort of mistakes, but who deals with them in a completely different way than you? Do you think that their approach could work for you?



Notes

