

## 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.

<ol> <li>What challenges did you run up against today (or last week, or anytime recently)?</li> </ol>	3. Can you write down what actually happened, without exaggerating or making it more dramatic?
2. Did you feel tense, angry, or sad?	this in mind, what does your innner

5. Do you feel differently now? (It also helps to remember that negative feelings do pass.)	7. Did this mistake make you feel like you're not good enough?	
6. What mistake have you recently made as far as your own feelings are concerned?	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?	

9. Have you ever tried to not plan anything for an entire day and just see where the day leads you?	11. Take a deep breath in, then exhale.  Try to be aware of what you feel right now, exactly how it is at this moment in time, without exaggerating or ignoring anything. Do you feel tension or emotion anywhere? Write down what you feel.
10. Would you dare to let go more often and try not to control events all the time?	12. If things go well in the future, or if they simply go differently than planned, would you be able to look honestly at what's going on, without judgment or criticism, just as you have done now?

