

SELF-COMPASSION

Looking at a childhood photograph of yourself, write down in bullet points or in paragraph form what you would do and say to make the child in the photograph feel safe, loved, accepted, appreciated, comforted, valued, adored, and respected.

When you looked at the photograph of yourself as a child how did it make you feel?

Were you able to open your heart to yourself?

Did you find it more difficult to be critical of yourself?

Access the photograph when you need to remember what you want for the child in the photograph. Compassion and love for yourself is a big step toward extending it to others and building lasting and loving relationships.