

CREATIVE SELF TALK

Do you ever find yourself struggling and snap out of it just to say something to yourself like, "You aren't the only one struggling right now!" or "You should be thankful for what you *do* have!"

While those statements May be true, I would like to pose another question to you - Are those statements helpful in how you are feeling or what you are experiencing?

They may remind us to practice some gratitude or think outside our bubble to be more socially conscious, but the disapproval or shameful tone we may use in our heads is *not* helpful. But wait ... don't shame yourself for that either! This is about acknowledging the habit and making a mindful shift that helps to add to our mental well being, not tax it further.

Sometimes it can be as simple as catching yourself and saying, "Yes, that may be true and I need to know that my struggles matter too." This may sound silly and way to "therapy-like" but learning to love ourselves and accept ourselves through struggle is important to our resilience and to creating long term growth.

on the flip side of this page, I have put some starter ideas for positive self-talk when you are needing a little help. It's not always about boosting ourselves to feel better (although sometimes it may be), but to give ourselves permission to embrace a full range of human emotions, as long as we are not hurting ourselves or others.

I hope you will take time to add self talk statements that feel true for you. That may be one of the most important aspects to this practice - if it doesn't feel right, you won't believe it ... and speaking truth and kindness to yourself needs to be authentic.

THINGS TO TELL MYSELF WHEN I'M STRUGGLING OR FEELING DISCOURAGED

This is really tough and so am I. What do I need right now?

I may not be able to control the situation, but I can choose how I respond.

I haven't figured this out ... yet.

It's ok to just let myself feel this way for a while.

What vulnerable feeling is under my "mad" and how can I show it some compassion.

I'm allowed to struggle too.

It's ok to not know what I need right now.

Grief is hard. I'm going to let myself have a pass on judgement today.

I know I may not be where I want to be, but I will get there in my own way and in my own time.

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