

# Practicing Self-Kindness

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1

## Awareness

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### Ask yourself:

How do I treat myself?  
What critical, harsh or judgmental thoughts am I saying to myself?  
How does it feel in the body?  
What effect does it have on me?  
How do I feel emotionally?

2

## Pausing

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Take 3-5 slightly more extended in and out breaths. Feel the breath in your body and your feet on the ground.

3

## Be your own best friend

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### Ask yourself:

Is it true that I am, for example, not good enough, stupid, pathetic, ridiculous, an idiot...?

The answer is almost always: No.

### Turn your critical voice into a friend's voice.

For example: "I am enough, I do the best I can, I am human, everyone makes mistakes, it's okay to have a difficult time..."

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## The bud

stands for all things,  
even for those things that don't flower,  
for everything flowers, from within, of self-blessing;  
though sometimes it is necessary  
to reteach a thing its loveliness,  
to put a hand on its brow  
of the flower  
and retell it in words and in touch  
it is lovely  
until it flowers again from within, of self-blessing.

— Galway Kinnell

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