

SELF-COMPASSION PEP TALK

You're harder on yourself than anyone else

It's hard to see the forest when you're stuck in the trees—and when you're feeling anxious or upset, it can be difficult to see the bigger picture. **If your best friend was in your shoes and came to you for advice, what would you tell them?** What might make them feel better? What do they need to remember?

I'M UPSET BECAUSE:

I quit yet another hobby. I wasted so much money and I feel like I'll never be good at anything since I always give up as soon as shit gets hard. I don't know why I thought this time would be different. Why do I even bother trying?

I'D TELL A FRIEND:

You're passionate, curious and love to learn. At least you're trying stuff; a lot of people are so afraid to fail they won't even ATTEMPT new things. If you're having fun, that's what matters. You can always come back and pick up this hobby again later.

I'M UPSET BECAUSE:

I'D TELL A FRIEND:

Don't forget to come back and review these pages when you've lost sight of how to show compassion for yourself!

DISCOURAGED

I'M UPSET BECAUSE:

I'D TELL A FRIEND:

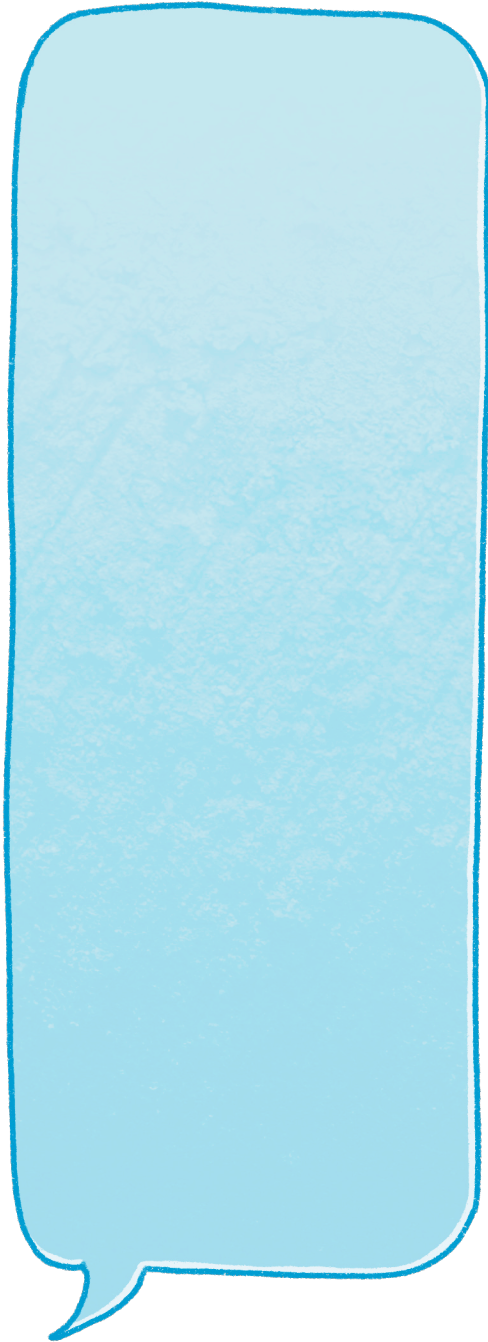
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