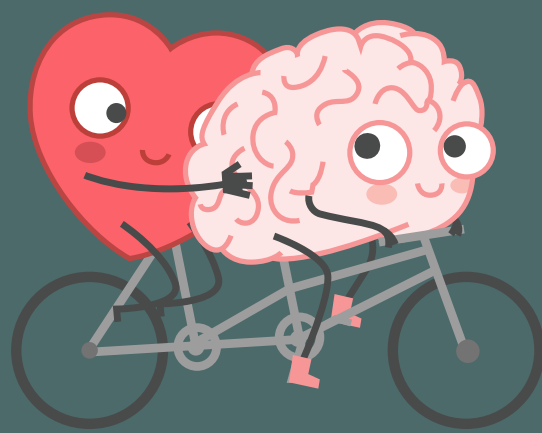


# 7

## PRACTICES on the road to SELF-COMPASSION



### NOTICE

Life is inherently unpredictable and often brings discomfort.

**Recognize when you're suffering.**



### VALIDATE & ALLOW

It's reasonable to feel angry, afraid, disappointed, or to experience any other emotion.



### NORMALIZE

Life can be stressful & challenging, this is a part of the human condition. Think to yourself: **everyone has circumstances like this.**



### SELF-COMPASSION

Bring to mind the consideration you'd naturally offer to someone you deeply care about. Now, **picture offering yourself those same wishes.**



### KINDNESS & FRIENDLINESS

Practicing non-judgmental language towards self is not positive thinking or excusing behavior. It is encouraging, motivating & supportive.

Instead, say:

***I wouldn't criticize a close friend.***



### CURIOUS & OPEN

How are we relating to our own experience? Do we personally identify as flawed or imperfect? The human brain is inherently designed for learning & development. **Enhance strength & resilience. Let's stop should-ing on ourselves. Counter with: *Nobody's perfect.***



### PHYSICAL TOUCH

Reverse threat & isolation, instead activate safe physiology. Safety allows for flexibility & possibility. You might **lay your hands on your heart or belly** to give yourself comfort & warmth.



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