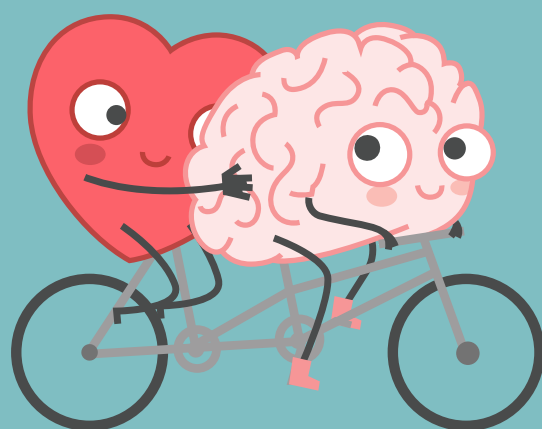


a road map to

PRACTICING SELF-COMPASSION

managing unpleasant
circumstances &
emotions



NOTICE

Life is inherently
uncertain & can
often bring
discomfort.

**Recognize when
you're suffering.**



VALIDATE & ALLOW

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



NORMALIZE

Life can be stressful &
challenging—it's part
of being human.

***Remind yourself:
everyone
experiences
moments like these.***



SELF-COMPASSION

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



KINDNESS & FRIENDLINESS

Practicing non-judgmental
language towards self is not toxic
positivity or excusing behavior. It IS
however encouraging, motivating &
supportive.

***Note to yourself:
I wouldn't ever criticize a
close friend in this way.***



CURIOUS & OPEN

Can we relate more openly to our
experience? Instead of personally
identifying with being a failure, or
being broken, we can counteract
with strength & resilience. We are
designed for growth &
development. *Let's stop should-ing
on ourselves.* ***Counter with:
There is no perfect.***



PHYSICAL TOUCH

Tend to threat & isolation
with physiological safety.
This allows for flexibility &
possibility. Give yourself
physical comfort & warmth
by ***laying your hands on
your heart or belly.***



Mindful ADHD Coaching

Cultivating Awareness, Compassion, & Skillful Problem Solving



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