

a road map to

PRACTICING SELF-COMPASSION

managing unpleasant circumstances
& emotions, with patience & kindness

NOTICE

Much of life is complex & uncertain. Often discomfort or internal conflict arises. **Recognize when you're suffering.**



NORMALIZE

Life can be stressful & challenging; this is part of being human.

Remind yourself: others experiences moments like this.



SELF-COMPASSION IN ACTION

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

Out loud or in a Journal.



VALIDATE & ALLOW

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



CURIOUS & OPEN

Can we relate more openly to our experience, instead of personally identifying with feeling like a failure, having anxiety, or the shame that often accompanies ADHD. We can instead counteract with strength & resilience. We are designed for growth & development. *Let's stop should-ing on ourselves.*

Counter with:

There is no perfect. or Progress takes time.



KINDNESS & FRIENDLINESS

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

Note to yourself:

I wouldn't ever criticize a close friend in this way.



PHYSICAL TOUCH

Tend to the threat & isolation with physiological safety, only then allowing flexibility & possibility.

Give yourself physical comfort & warmth by ***laying your hands on your heart or belly.***

