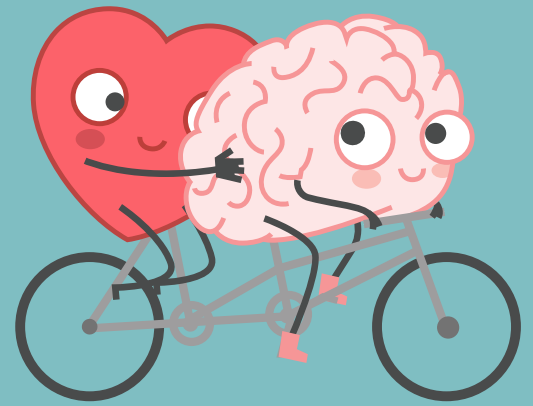


a road map to

# 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.**



## 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.***



## NORMALIZE

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

***Remind yourself: others experiences  
moments like this.***



## 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.***



## 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.***



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## 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.***

