



## REFLECTIONS FOR THE RESCUE

### CHAPTER 22: BE YOUR OWN BEST FRIEND ACTION PLAN

#### RESPOND:

- Think of three encouraging statements a good friend might say about you. Write those things down. Keep that list handy, and when you find yourself being more critical of yourself than you are supportive, use your mouth to coach yourself.
- Pick one of those statements and say it out loud, right now, to yourself.

#### REFLECT:

When it comes to how you talk about yourself and your life, do you normally lean to the positive or the negative? Why do you think that is?

If you were a good friend to you, what would you say about yourself? How would you encourage yourself?