

Talking to Yourself in a Soothing Way

WHEN STRESSED, OUR INNER CRITIC IS USUALLY LOUDEST. WHAT IS NEEDED RATHER, IS A KINDER, COMPASSIONATE AND SOOTHING SELF. PRACTICE USING THESE SOOTHING WORDS TO SAY TO YOURSELF.

I'm here for you.

I'm sorry you're going through this.

I love you.

I know this is a difficult time for you.

You are not alone.

I believe in you.

It's okay to feel this way.

I can understand ...

You can count on me.



Eddins Counseling Group

PERSONAL AND CAREER COUNSELING SERVICES

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