

STEPS

FONDATION
JEUNES
EN TÊTE



SELF-COMPASSION

BECOME YOUR OWN BEST FRIEND



Step 1

Recognize that you're going through a difficult time

Tell yourself:

"Ouch! This hurts!"

"I'm going through a difficult time."

"I feel: angry, discouraged, anxious, stressed, overwhelmed, panicked", etc.



Naming your emotions allows you to better understand them.

Step 2

Realize that other people can experience the same thing as you

Tell yourself:

"I'm not the only person who feels this way."

"Other people experience the same emotions as I do. It's alright."

"We all go through difficult times."

Step 3

Be kind to yourself

With your hands on your heart, tell yourself:

"What do I need to hear... at this moment?"

"What would be good for me... right now?"

"And am I able to do it?"

