

SELF-COMPASSION: HOW TO CHECK IN WITH MYSELF WITH KINDNESS, COMPASSION AND RESPECT

1. *As we begin today, I am feeling*

2. *Some thoughts arising are*

3. *Perhaps I am needing*

4. *To meet these needs I could*

5. *To meet these needs, I could make the following request of someone else:
"Would you be willing to _____? It would make my life more wonderful."*

6. *Having taken a few minutes to check in with myself, I am now feeling*

7. *Maybe I am also needing*

