Kinder things to say to myself

Fair and kind statements to use in place of harsh ones.

These are not empty affirmations. They are fair, kind statements that a good friend might say. Tick the ones you could imagine saying to yourself, and change the words to fit.

When I make a mistake
"That did not go how I wanted. Everyone gets things wrong. What can I learn, and what would help now?"

When I am struggling
"This is really hard. It makes sense that I am finding it hard."

When I compare myself
"I only see part of their life. Mine does not have to look like theirs."

When I am tired
"I have been carrying a lot. I am allowed to rest."

When I feel not good enough
"I do not have to be perfect to be worth something."

When I am anxious
"I am scared, and I am doing it anyway. That takes courage."

When I have let someone down
"I can be sorry and still be a decent person."

When nothing is going right
"This is one bad day. It will pass."

When I...	A kinder line I could use
Forget something important	*I have a lot on. I will write it down and sort it.*

Cut along the dashed lines. Keep a card in your wallet or phone case.

A kinder line to carry with me
The one I most need

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The one I most need

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