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SELF-COMPASSION GROUP

5 of 7: Ask Yourself for Support

Draw on your inner resources to transform your day.

We have the ability to transform our day just by changing the internal dialogue in our mind. This exercise is designed to explore how you might ask yourself for support and draw on your inner resources to make each day whatever you need it to be.

Before we begin, you may want to have a pen and paper handy to jot down your thoughts and insights. Also, feel free to pause the audio as needed to give you time to process the questions. Ok, let's dig in.

- Start by finding a comfortable, seated position with your eyes closed or your gaze focused downward.
- Begin by connecting your body and mind by taking 2 to 3 slow and even breaths (pause 10 seconds) As you continue with your breath, notice if there is any tension that you need to release such as in your neck or shoulders. Take a few additional breaths to help you relax and release that tension. (pause 10 seconds)
- Once you're relaxed, ask yourself:
 - ✓ What do I need to do today - for example, rest? Connect with friends or family? Or be highly productive? (pause 5 seconds)
 - ✓ Then ask, "How can I best support myself in what lies ahead today?" (pause)
 - ✓ Next, "What words or messages do I most need to hear from me? (pause)
 - ✓ And perhaps most importantly, "What words or messages would I prefer not to hear from me today?" (pause 5 seconds)
- Once you're able to put into words what you need to hear today, take a moment to say them out loud and notice how you feel. (pause 5 seconds)
- Do they provide you with the support and direction you need today? If not, take a moment and rephrase them. It will only take a few seconds to do it. (pause 5 sec)
- These statements need to reflect how we envision our best self or some aspect of what we desire in our life. (pause 5 seconds)
- The power of these statements lies in connecting them to what is meaningful to us. That's why mindlessly repeating statements without connecting to the meaning does not bring about the change we're seeking.

To incorporate this into your routine, find a time of day that works for you to complete this process on a consistent basis. This practice may be very helpful when you're experiencing a stressful time. Or, you could think of a challenging time ahead and use this helpful questioning to prepare and equip yourself for that particular situation.

Before you leave this exercise, reflect on what you learned about your internal dialogue. And consider if there are changes you need to make.