



A Kinder Way to Talk to Myself

A Simple Self-Compassion Exercise After a Hard Moment

USE THIS AFTER A HARD MOMENT

A mistake, conflict, awkward moment, or disappointment can bring out a harsh inner voice. This page helps you keep the facts while changing the way you speak to yourself.

QUICK EXAMPLE

MOMENT

I forgot an important appointment.



HARSH VOICE

"I always mess things up."



FAIR VOICE

"I made a mistake. I can apologize and set a reminder."

01 THE MOMENT

What happened? Keep it brief.

02 THE HARSH VOICE

What am I saying to myself?

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03 THE CARING VOICE

What would I say to someone I care about?

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A FAIRER RESPONSE TO MYSELF

Keep what happened, but leave out the attack on your worth.

Try: "I can acknowledge that..." or "This was difficult, and..."

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CARE OR REPAIR

What is one caring or responsible thing I can do now?

Kind does not mean avoiding responsibility. It means responding without using shame as punishment.

Educational resource only. If you are in immediate danger or unable to keep yourself safe, call 9-1-1.

In Canada, call or text 9-8-8 at any time for suicide-crisis support.