

SELF-KINDNESS

Self-kindness means treating yourself with the same kindness you would extend a friend. If you heard a mom friend beating herself up with all the shoulds, "I should have done _____," and "I shouldn't have done _____," what would you say?



Would you help her berate herself even more? NO!

You would say something along the lines of "This is hard."

Imagine you are talking with a good mom friend (or me!)

Who are you talking to?

Where are you?

What are you going to say to them about your most recent parenting stresses?

Can you picture their reaction? What face are they making? What does their body language look like?

What would your friend say to you right now?

THIS IS HARD

Take action.

One simple action you can do to ameliorate your own suffering and show yourself self-compassion is simply telling yourself, "This is hard."

Feeling frustrated over something going not so well in your parenting life?? Guess what? Parenting is HARD! So remind yourself of that. When you start the negative self-talk, I'm not asking you to counter it or use logic to respond to the mom guilt or should. Just pause and tell yourself, "This is hard." That's self-compassion in action, and it doesn't take much time or any money.

 ***THIS IS HARD. PARENTING IS HARD. THIS SITUATION IS HARD. THIS IS HARD.***

Reflect.

Try it out. Tell yourself this is hard. What came up for you when you tried it? How did it feel to simply acknowledge that your situation is hard?

Write your thoughts here: