

TRY SOFTER



There are truly times when the best, healthiest, most productive thing we can do is not to try harder, but rather to try softer: to compassionately listen to our needs so we can move through pain—and ultimately life—with more gentleness and resilience.

-Aundi Kolber, author of *Try Softer*

The fact that you picked up this workbook at all and made it this far tells me that you value trying. You are in on this whole self-improvement idea. You know how to try hard and try harder. No question there.

But do you know how to try softer? What does that even mean?

Trying softer means leaning into self-compassion. It means slowing down.

Trying softer means acknowledging your feelings and letting them happen instead of avoiding or going for the quick fix.

Trying softer means using the tools and practices you've been doing in this journal. I

t means knowing your avoidance loops. It means making room for your thoughts and feelings. It means embracing psychological flexibility and living in the direction of your values. It means creating meaning, finding those sunset moments—all the things you've been doing!



PRACTICE TRYING SOFTER

For those of us who like to DO something, who are good at trying harder- what does trying softer look like?



When you have a feeling or recurring thought (ahem, mom guilt and 'shoulds', ahem)- try getting curious about it.

What does getting curious mean?

Talking about curiosity makes me sound cooler- like Brene Brown or Ted Lasso. But actually DOING it. What does that look like? Try these steps.

Identify a recurring thought, worry or feeling you've been having recently. Write it here:

Now let's get curious.

Does it always have to be true?

If it were a color, what color would this thought be?

Name a time it was true. Name a time it was not true.