



TODAY I CHOOSE
COMPASSION
FOR MYSELF.

DAY.9

‘We can’t be kind to others, if we don’t experience compassion for ourselves.’

The way we talk to ourselves, the kind of information and goods we consume, is a great indicator of how much we love ourselves.

Self-love is a very vague concept. We all love ourselves, but most of us, in a very rational way. **Self-love truly means to be aware of who I am and embrace myself completely.**

Self-love is also, to give the energy, time, and resources to develop myself truly. To take care of myself and be kind to myself, especially when I mess up in life.

The ability or not, to be compassionate with ourselves developed on a very young age.

Analytical psychology uses the term **'inner child'** to describe our subconscious mind, which developed during childhood.

The inner child is always present and it's quite independent. It feels, thinks, and behaves in the way that we learned during childhood.

Depending on how people treated us, or treated each other in front of us, during childhood, created the level of **self love, self acceptance and self care.**

Every time we beat ourselves up, we are strict or we demand from our self to perform better, our inner child is hurting and it feels less lovable or less good enough.

When we are compassionate with our grown up selves, our inner child, is healing,

DAY.9

Phrase of the day: 'Today I choose compassion for myself'

Please also write this phrase in your journal.

Tracking how you talk to yourself is the first step towards talking in a positive, supportive and empowering way. You will notice how much energy in a day is lost on this negative self-talk conversation that don't lead anywhere, except in anxiety, anger, or hopelessness or other energy draining emotions.

Today we invite you to stop criticise even the critic voice inside your head. Today you accept all of you, your thoughts, emotions, actions, exactly as they are right now.

PRACTICE 1: Today we are AWARE of our self talk and we will practice self compassion.

1. Observe your thoughts and every time you feel that you judge yourself or you are very strict with yourself, imagine what your best friend would say to you, and say that to your self:

'It's okay even if you messed up'

'You are worthy and loving just the way you are'

'You can try again, I am proud of you anyway'

PRACTICE 2: This is the most important meditation of this program. Listen anytime you have 10' minutes of uninterrupted time.

Good luck!