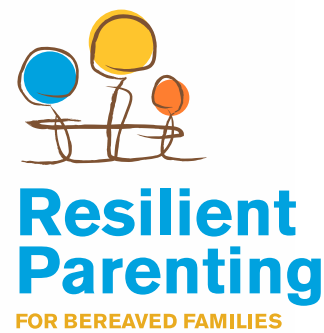


# Four Steps to Kinder Thoughts When You are Feeling Badly



## STEP 1

### Notice what you are feeling

- » Take three deep, slow breaths, and notice what you're feeling right now. You can ask yourself, "What am I feeling right now?"
- » Label your feelings as best you can. Are you feeling sad, frustrated, angry, anxious, overwhelmed, ashamed, or guilty?
- » Don't blame yourself or give yourself a hard time for feeling this way. Everyone feels like this sometimes. You may not want to feel these feelings at times because they are painful, but avoiding them doesn't make them go away. Recognizing your feelings without criticizing yourself for having them is a good step toward self-kindness.

## STEP 2

### Notice what you are saying to yourself

- » Ask yourself, "Am I saying things to myself that make me feel worse?"

## STEP 3

### Stop and remind yourself to be kind

- » Picture a stop sign. Take three slow, deep breaths and remind yourself that you want to be kind to yourself.



## STEP 4

### Think of kind words you can say to yourself

- » Ask yourself, "Are there words of support, comfort, or kindness I can say to myself?"
- » Ask yourself, "What would I say to a good friend who is hurting?"
- » Gently say these kind words to yourself.
- » Remember that being kind to yourself takes practice, just like any other skill. Little by little, being kinder to yourself when you are feeling badly will become a habit. What you practice grows stronger.

## MODULE 1: Be Kind to Yourself

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