

finding Self

what is Self?

The calm, curious core of you that can connect with and care for all your parts

When in Self

you feel spacious, open, and able to witness your inner experience without being overwhelmed by it

example anxiety

- if you were feeling anxious, instead of BEING the anxiety, you could say
 - I notice a part of me feels anxious right now, and I'm curious about what it needs „
- that curious part of you is Self

The 8 C's of Self

Compassion

Curiosity

Clarity

Calm

Confidence

Courage

Creativity

Connectedness

Self Quiz

I feel clear about what's going on inside me ✓

I'm curious about my thoughts or feelings ✓

I feel some compassion toward myself ✓

I trust I can handle what I feel ✓

I feel calm in my body ✓

all parts are
welcome

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