

Words of Support



How we talk to ourselves isn't always compassionately.

There can be a tendency to talk ourselves down.

However, the same harsh words we might tell ourselves are unlikely to be the way we would talk to someone else.

It can be easier to imagine:

"What would you say to someone else?"



Read

Find some kind words to read.



Write

Write some kind words to help others.



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I'm struggling with ...

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**Write some kind
words for someone
who may be
struggling with ...**

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Read some kind words for someone who may be struggling with ...

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I'm struggling with ...

provide topic



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words for someone
who may be
struggling with ...**

topic

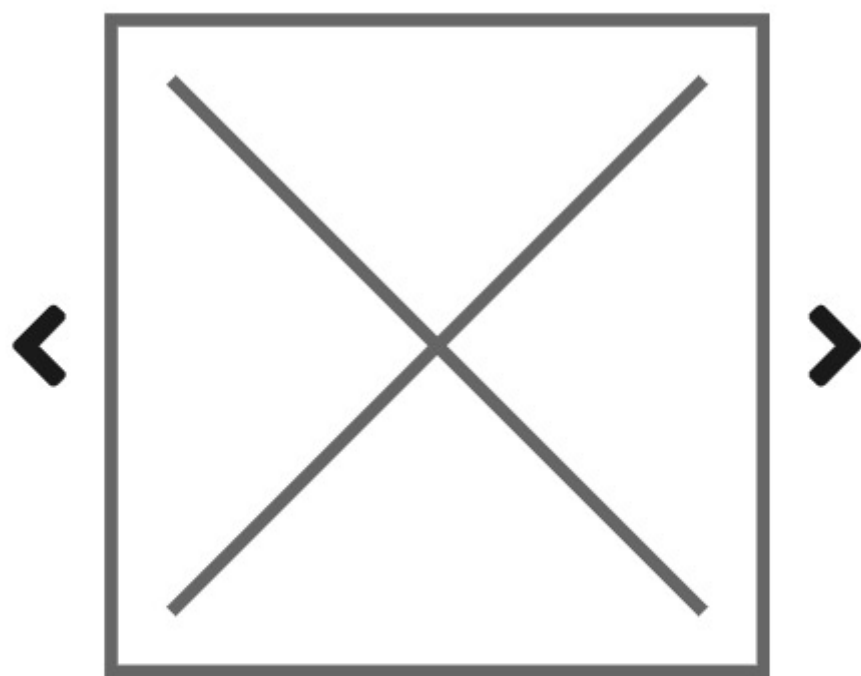
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**Words of support
for someone who
may be struggling
with ...**

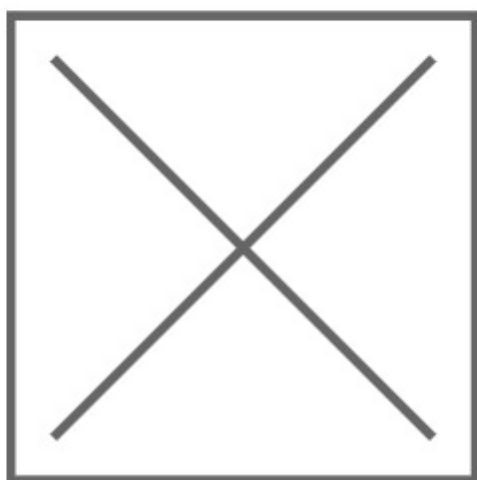
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