



# Do you talk to yourself the way you would to someone you love?

Throughout our lives we encounter many messages that we translate into “rules” of how to live and what we expect from ourselves. Through some personal exploration, it is possible to not only identify these messages, but also evaluate them to see if they are helpful or harmful in our lives. As you evaluate these messages, it may be helpful to consider the following:

**What message(s) do I tell myself when I am struggling or feel like I have made a mistake?**

**Where does this message come from? How does it make me feel when I tell myself this message?**

**In what ways is the message moving me towards growth and change? In what ways is it holding me back?**

**What could be a more productive message that I could tell myself in these moments?**