

“The lunatic committee (those internal voices of criticism of myself and others) is alive and well, yet **it doesn't need to get a vote in my choices.**”

Tall Tom, 2019



Reflection

Close your eyes and imagine you are walking down a spiral staircase. At the bottom, you find a box filled with negative labels about yourself. Look through these labels and discard them one by one. Then, turn around and walk up the stairs. Look around. You are now surrounded by positive labels about yourself.

-Jimmy, 2023

Questions

What makes it easy to be kind to yourself?
What makes it hard to be kind to yourself?
Reflect on a time when you were brave enough to choose kindness despite being hurt or afraid.