

Visualising A New Relationship With Yourself

Six solution-focused questions to help you visualise and demystify a compassionate relationship with yourself

Start by grounding yourself, taking three deep breaths in and out. Visualise a white light protecting you.

I invite you to reflect and meditate on each of these questions. Use them as journal prompts if you wish. Get to know the sensations and feelings within your answers. What do you notice?

1. What will it **feel** like to have a kind relationship with yourself?
2. In your future relationship with yourself, how do you feel about your **past**?
3. In your future relationship with yourself, how do you **talk** to yourself?
What does your inner monologue sound like? What are some examples?

4. Can you identify a **time** when you felt warmth or kindness towards yourself? If you can, remember what that felt like and what triggered those feelings. If you can't, do not worry. Acknowledge with curiosity and acceptance that it is difficult to remember such a time.

5. What will the most noticeable **differences** be when you have a compassionate relationship with yourself compared to now?

6. What **message(s)** does the future self-compassionate you have for your current self?

If you struggled to answer or engage with any of these questions, please don't worry. Just notice and maybe write down any thoughts, feelings or sensations that come up.

This is all really valuable data to help you understand where you're at with building self-compassion.

Ground yourself by taking a
few deep breaths in and out.