

# STEPS

FONDATION  
JEUNES  
EN TÊTE



# SELF-COMPASSION

# BECOME YOUR OWN BEST FRIEND



Step 1

## Recognize that you're going through a difficult time

Tell yourself:

*"Ouch! This hurts!"*

*"I'm going through a difficult time."*

*"I feel: angry, discouraged, anxious, stressed, overwhelmed, panicked", etc.*



**Naming your emotions allows you to better understand them.**

Step 2

## Realize that other people can experience the same thing as you

Tell yourself:

*"I'm not the only person who feels this way."*

*"Other people experience the same emotions as I do. It's alright."*

*"We all go through difficult times."*

Step 3

## Be kind to yourself

With your hands on your heart, tell yourself:

*"What do I need to hear... at this moment?"*

*"What would be good for me... right now?"*

*"And am I able to do it?"*

