

YOU DESERVE KINDNESS

FORCES
CHILDREN
SCOTLAND

HOW TO START SELF-COMPASSION



We can be our own worst critic – but you deserve kindness, especially from yourself!

1

Catch negative self-talk such as “why can’t I get anything done?” or “I’m just overreacting, I should cheer up.”

2

Once you identify the negative self-talk, ask yourself if you would say the same thing to your best friend or a small child?

3

Now imagine what you would say to your best friend or a young child if they were feeling the same way. What words of encouragement would you give them in your situation?

4

Practise this habit regularly – catch any negative self-talk and try to be nicer or more supportive. You can even practise in a mirror. Soon you’ll notice your internal voice will become more kind!



YOUR MIND
MATTERS

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