

Why am I so **mean** to me?

HOW TO SPEAK TO YOURSELF
WITH KINDNESS

with Sas Petherick



Hello you!

It is utterly heartbreaking to hear the way we speak to ourselves.

We can be so mean, even cruel. And there is often a lot of discomfort around the things we say to ourselves - this can feel like a shameful secret.

The good news is that as healthy, resourceful adults we can break this habit - by understanding more about why we do this and by offering ourselves compassion - starting today!

In the workshop, we cover:

- What our mean inner voices say.
- Why are we so mean to ourselves?
- Where does this voice come from?
- How can we speak to ourselves with kindness?
- Plus: two super simple, gentle practices for experiencing self-compassion- you can start today!

You'll walk away from this workshop with a rich understanding and deep empathy for yourself, ready to change the way you speak to yourself.



I'M SAS PETHERICK

I'm obsessed with helping you heal your Self-doubt, so I created Self-belief School. I also teach my coaching methodology to other practitioners in the Self-belief Coaching Academy. I'm the host of the Courage & Spice Podcast and you'll find me on the gram most days. I'm so glad we're connected xx



A SELF-COMPASSION PRACTICE



Check in with yourself at least once a day. Take a few moments in your journal, walking the dog, in the shower and just ask yourself:

How do you feel right now?

See if you can name the top 1-3 emotions you have in this moment. If you find emotions a little tricky, just notice any sensations in your body. They might have a colour, texture or temperature. So 'I have hot tingles in my throat' is perfect!

What do you need to hear right now?

Sometimes it's easier to imagine someone else saying words we want to hear - feel free to do that! Tell yourself the most compassionate truth.

- *If you find yourself saying something mean - just apologise to yourself and try again 'Oops sorry honey, that was a bit mean, what I really want to say is...'*
- *Sometimes grief will come up - especially if we have been longing to hear these words. That's ok. Let yourself feel what you need to feel - no emotion lasts more than a few minutes.*
- *Don't worry about getting this 'right' because it doesn't really matter what you actually say - it's the act of tuning in and offering yourself kindness when the stakes are really low, that builds the muscle of self-compassion.*

WHEN YOU EXPERIENCE THAT MEAN VOICE

It takes a while to break a habit like the way you automatically speak to yourself - especially if you've been doing this for years. When you experience that mean voice, take a moment to check-in:

CONNECT to the part of you that is hurt or fearful:

During a moment when something unexpected, unwanted or uncertain happens and you speak to yourself in a way that doesn't feel good. Just check-in with yourself - notice how this feels - allow yourself to name how you are feeling about the situation.

Get CURIOUS about your experience:

Notice the words you used to speak to yourself. Do these words remind you of anyone else? How old does your response feel? What is this voice trying to say?

Offer yourself COMPASSION:

Remember you are a healthy adult - you have so many more resources available to you. What do you really need to hear right now? What is the most compassionate (encouraging, kind, respectful, discerning) thing you can say to yourself?

NB: It may feel a bit awkward at first - you may even wonder if you 'deserve' to receive 'unearned' kindness. It's ok, it's new! Let it be a little awkward - it doesn't mean anything has gone wrong. In the workshop video you'll see how simple and powerful this is - in a few moments, the participants came up with really moving and heartfelt words.



Look, I'm dying to work with you. I created Self-belief School so you can sign up once and I'll coach you for as long as you like. Yes, really. And if your idea of a good time is to spend an hour with coloured pens and coaching tools, there is an entire creative programme available for you to dip in and out of, as you wish.

We'll figure out the root causes of your self-doubt so you can get out of the habit of holding yourself back. And it's way easier to do brave things when you have an encouraging inner-voice, so we'll sort that too.

I can't promise your life will take on the lustre of a tampon ad (who wants to ride a horse across a beach in white jeans anyway?) but I can promise life-changing results within a year. Self-belief School will help you to know-in-your-bones that no matter what happens, you've got your own back. Because our world is crying out for you to be all the way alive.

I want this to be the last time you invest in your self-belief.

Join Self-belief School in October and receive £500 off!

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