

## Acknowledge Feelings That Are Tough To Admit

If you can't acknowledge the difficulty a feeling causes, you can't have compassion for yourself. That's a problem, because self-compassion helps you take action on your own behalf.

The most difficult emotions to deal with are the ones that feel uncomfortable to admit. So return to the following prompts any time you feel frozen by a tough feeling.

It's hard to feel \_\_\_\_\_  
\_\_\_\_\_

because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Everybody feels this way at times. It's only human. Would I judge a friend feeling the same way? How would I reassure them?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What can I do right now to change this feeling in some small way?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_