

Self Nurturing

1. Indulge the senses:
What makes you feel good?
What sights inside and outside (e.g. trees, starlight, candles, clean space)?
What scents and smells?
What touch or tactile experiences (e.g. bath, holding body pillow, drinking hot liquid, feet in warm water, heating pad on neck?)
What sounds?
What tastes?
2. When these experiences aren't available, imagine experiencing ones of most benefit.
3. Bring forth nurturing, accepting, or relaxing figures real, fictional, or spiritual. Sense their presence with you.
4. Be a caregiver to yourself. How can you best parent the child in you?
5. What would it most soothe you to hear and know? Say or imagine receiving this.
6. Call yourself affectionate names and refrain from derogatory ones as a new habit.
7. Sit with and magnify the feeling of non-judgment and acceptance.
8. Sense how good you can feel in this moment.
9. Notice and utilize whatever facilitates that feeling— song, phrase, image, or scene.
10. If negative self thoughts occur, externalize and minimize them using imagery. For example, personifying the inner critic and shrinking it. Or sending unwanted thoughts and feelings on leaves carried away by a river.
11. Sense your strong, full self in sharp focus in the foreground and the weak, inadequate aspects of yourself fuzzy and in the background. Focus on, feed, and strengthen that strong, full self throughout the day to make it more continual and natural.
12. Cultivate generative energy states: relaxation, openness, playfulness, curiosity.