

The Art of Self-Connection

The way we meet ourselves sets the tone for how we meet the world. These prompts will guide you to notice your inner patterns, approach yourself with more care, and strengthen the foundation of self-trust that growth depends on.

EXPLORING AWARENESS AND HONESTY

- WHEN I STRIP AWAY EXTERNAL EXPECTATIONS, WHAT DO I ACTUALLY WANT RIGHT NOW?
- WHAT EMOTIONS DO I TEND TO PUSH AWAY, AND WHAT MIGHT THEY BE TRYING TO TELL ME?
- WHAT PARTS OF MYSELF DO I JUDGE MOST HARSHLY, AND WHERE DID THOSE JUDGMENTS ORIGINALLY COME FROM?

PRACTICING COMPASSION

- WHAT WOULD I SAY TO A FRIEND GOING THROUGH WHAT I'M EXPERIENCING? HOW DOES THAT DIFFER FROM HOW I TALK TO MYSELF?
- WRITE A LETTER TO MYSELF FROM THE PERSPECTIVE OF SOMEONE WHO LOVES ME UNCONDITIONALLY.
- WHAT EVIDENCE DO I HAVE THAT I AM WORTHY OF KINDNESS EVEN ON DAYS I DON'T FEEL IT?

BUILDING TRUST WITH SELF

- WHEN HAVE I SAID “YES” TO OTHERS AT THE EXPENSE OF MYSELF? HOW DID THAT IMPACT MY SENSE OF SELF-TRUST?
- WHAT PROMISES HAVE I KEPT TO MYSELF, EVEN WHEN IT WAS DIFFICULT? WHAT DID THAT TEACH ME?
- WHAT BOUNDARIES DO I STRUGGLE TO HOLD, AND WHAT MIGHT HELP ME HONOUR THEM MORE CONSISTENTLY?
- IF MY YOUNGER SELF COULD SEE ME TODAY, WHAT WOULD THEY NOTICE ABOUT THE WAYS I SHOW UP FOR MYSELF?



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EXPANDING POSSIBILITY

- WHO AM I WHEN I'M NOT PERFORMING FOR APPROVAL?
- WHAT ASPECTS OF ME FEEL UNDERNOURISHED OR OVERLOOKED, AND HOW CAN I GIVE THEM SPACE?
- IF I TRUSTED THAT I WOULDN'T BE JUDGED OR REJECTED, WHAT WOULD I ALLOW MYSELF TO EXPLORE OR CREATE?
- IMAGINE MYSELF FIVE YEARS FROM NOW HAVING A DEEPLY SUPPORTIVE RELATIONSHIP WITH WHO I AM. WHAT DOES DAILY LIFE LOOK LIKE?

BEING WITH MYSELF

- WHEN I FEEL THE URGE TO DISTRACT MYSELF, WHAT EMOTION OR THOUGHT AM I AVOIDING IN THAT MOMENT?
- WHAT IS ONE SMALL WAY I CAN OFFER MYSELF COMFORT WITHOUT TURNING OUTWARD FOR REASSURANCE?
- IF I WERE TO DESCRIBE MY INTERNAL WORLD RIGHT NOW AS WEATHER, WHAT WOULD IT BE? HOW DOES IT FEEL TO NOTICE THAT FORECAST WITHOUT CHANGING IT?
- IN WHAT SITUATIONS TODAY DID I NOTICE MYSELF SCANNING FOR OTHERS' APPROVAL OR INTERPRETING THEIR BEHAVIOUR? HOW DID THAT AFFECT ME?

SHIFTING FOCUS FROM OTHERS TO SELF

- WHOSE OPINION DID I WORRY ABOUT MOST TODAY? WHAT DOES THAT SAY ABOUT WHAT I MIGHT BE NEEDING FROM MYSELF?
- WHAT WOULD I DO DIFFERENTLY IF NO ONE COULD MISUNDERSTAND, JUDGE, OR REJECT ME?
- WHEN I FIND MYSELF ANALYSING SOMEONE ELSE'S BEHAVIOUR, WHAT QUESTION COULD I ASK INSTEAD ABOUT MY OWN NEEDS OR FEELINGS?

