



Loving *You*

THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

LOVING DIFFICULT EMOTIONS

ATTENTION

What most wants my attention

BODY

How am I experiencing this in my body?

STORY

What am I believing?

FEELING

What does this feeling want from me?

NURTURE

Give yourself words and phrases of loving kindness:

LOVING YOUR INNER CRITIC

The inner critic is that voice inside your head that judges, critiques, and plants seeds of doubt. The inner critic is designed to protect you and keep you safe from danger, yet sometimes, the inner critic can get a bit overwhelming and seep into areas of our lives that create blockages for growth and evolution. Realign with your inner wisdom and voice of loving kindness by checking in with the inner critic and reflecting on who you are listening to the majority of the time. Remember, the inner critic is not bad, it is simply trying to protect you the best way it knows how.

*How do you hold space for a dear friend when they are struggling?
What do you say? What do you do? What is your tone? How do you respond?*

*How do you hold space for yourself when you are struggling?
How do you respond? What do you say? What do you do? What is your tone?*

*Notice how you speak to yourself throughout the day.
What are the recurring stories + narratives that come up? What language do you use?*

Who are you listening to? If you could give your inner critic a persona, who are they? What does your inner critic say? Judge? Critique about appearance, career, or relationships?

How could you reframe your language to be more kind, supportive, and understanding - as if you were talking to a dear friend?

