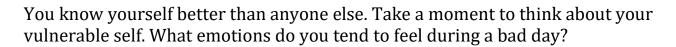


A LETTER TO MY FUTURE SELF



What works? What makes you feel better when you are...

• Sad?	
• Anxious?	
• Angry?	
• Hurt?	
• Worried?	
• Afraid?	
• Guilty?	
• Unloved?	-
Misunderstood?	-
Disrespected?	_
•?	_
•?	_
•?	_
Fell yourself what to do. Be specific . Example- Talk to my sister. Watch the Gilmore. Go for a walk around the block. Listen to calm music for 15 minutes.	

Remind yourself about what NOT to do- because you know from experience that it doesn't work or else it backfires in the long run. <i>Example- Do NOT call Janet. Do NOT drink alcohol. Do NOT look through baby pictures. Do NOT say "It's my fault."</i>		
List o	ut a few of your personal strengths.	
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Remi	nd yourself about some resources or supports:	
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Tell yourself what you need to know.

 Be compassionate, caring, supportive and understanding to your vulnerable self Example- People care – even though it might feel like they don't; You can get through this; You've gone through hard times before and it will be OK.
• Encourage and motivate yourself. Be your own champion or coach. Maybe you need a "kick in the pants" to get yourself going. Example- Get off the couch and get going. You are worth it! Your family needs you. You have so much to offer.
You could rewrite these ideas as a letter or just save these pages as they are.
Sign Here: