

# THE VOWS OF SELF-COMPASSION

(A SUREFIRE REMEDY FOR GIVING UP SELF-BULLYING!)

*I give up being hard on myself.  
I promise to be **gentle** with myself.*

*I give up bullying myself.  
I promise to be **nice** to myself.*

*I give up talking negatively to myself.  
I promise to be **kind** to myself.*

*I give up putting pressure on myself.  
I promise to be **patient** with myself.*

*I give up judging myself.  
I promise to be **understanding** with myself.*

*I promise to be **compassionate** with myself.  
I promise to **love** myself.*