

How to speak kindly to yourself

A group poem by Kirklees College staff

Written at Hoot Creative Arts Workshop with Rose Condo, 22 March 2023

Change the script.

Don't worry if you sometimes make mistakes!

Kindness, kindness like: but your dog still loves you?

Or something deeper like: you're a superstar at cooking up odd things with rice.

The tetchy to-do list takes over.

You need to remove yourself and look at perspective.

It is important to be kind to yourself and reflective on what you do that is good.

You give great hugs.

You are generous with your time, feelings, emotions and money.

You put others before yourself and want to see others smile.

Listen, take time, understand, process, own your feelings.

But yourself?

You've done alright.

Although often you think you're *****.

Good, fine, easy, expert.

You did a good job today.

Eat and sleep.

Don't let history dictate...

What do you want?

You are imperfect and that is ok.

You are loved.

Amazing you.

Helping make everyone's lives better.

You can make magic happen.

Open the door for yourself, you got this!

You have what you need!

How can you not talk nicely to yourself when all you have are nice things to say.

It doesn't matter that you're not doing it well; it's enough that you're doing it.

Perceptive.

Strong and a survivor.

Savour deep joy.

You're doing great even with a lot on your plate.

Not chastising yourself for failure is praise enough.
You have failed in the past, but you're not a failure.
Sometimes you fail but don't worry, as you know how to stand and walk again.

Do not give up.

Empathy with emotional intelligence.
Empower them, boost their intuition.

You are, you will, you deserve.
Power.
Believe and have faith.

Although you are cruel to yourself, a cruel thought would never cross your lips toward someone else.
Darling, you've been through so much.
You've built yourself up from a traumatic place.
Determined and resilient.

Just how the drops of the water, the snow, the sun rays are important, so are you!

Sacrifice yourself for your kids.
Give yourself a break.
Remember, reflect, appreciate yourself, and grow!
Be brave and go with the flow to see where you go.

Gentle hermit, get out of the house more, laugh with your friends, or cry if you need to
The positivity pushed outward should also be pushed within.
Internal as well as external.
You are appreciated in many different ways.
You are loved!
You are there for everyone.
You deserve more than looking after others, so live!
You are worthy.
You deserve the world!

Works quoted by the group:

Everything is more beautiful because we're doomed.
We'll never be where we are right now - we'll never be here again (Homer - The Illiad)
Rediscovering my self worth (by Mel Mills)