



A Practice of How You Treat Yourself

Self-care is often thought of as something you do, but there is another layer that many people don't realize:

How you speak to yourself matters.

Your inner dialogue—the tone, the words, the way you respond to yourself—shapes how you feel, how you act, and how you experience your life.

Many people live with a harsh inner voice without even realizing it. Not because something is wrong with them but because it has become familiar.

Understanding Your Inner Dialogue

The way you speak to yourself often carries a certain tone.

Sometimes that tone is:

- critical
- impatient
- dismissive
- harsh

And sometimes, that same tone shows up toward others.

It's the same emotional energy—just directed in different ways.

👉 Outward: “I can't believe they did that.”

👉 Inward: “I can't believe I did that.”

Same language, same feeling.

Reflection

Take a moment to notice:

- What does your inner voice sound like when something goes wrong?



- Is it supportive, neutral, or critical?

Practice 1: The Care Question

Ask yourself:

If I deeply loved this person... what would they need right now?

Now turn that toward yourself. What do you need right now?

Practice 2: The Respect Pause

Before speaking—or even mid-thought—pause and ask:

- Is this respectful?
- Is this necessary?
- Is this how I want to show up?

If not:

Pause.

Take a breath.

Choose a response that feels more supportive.

Write one example of a thought you could soften:

Old thought: _____

New response: _____

Practice 3: Noticing Your Inner Tone

Your inner dialogue is one of the most important parts of self-care.

Ask yourself:



- Is my tone harsh or kind?
 - Would I say this to someone I love?
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👉 What do you notice about your inner tone?

🌱 Practice 4: Supporting Your Body

Self-care isn't just mental—it's physical.
Your body plays a key role in how you feel and respond.
Try one small action today:

- Slow your breathing
 - Step outside
 - Move your body
 - Pause between tasks
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👉 What helped you feel even slightly more calm or steady?

🌱 Practice 5: Small, Consistent Steps

You don't need a perfect routine.
You need a repeatable one.
Self-care is built through small, consistent actions.

👉 One small thing I can do today:

💖 Opening Yourself to Self-Care

If self-care feels difficult, you're not alone.



For many people, receiving care—even from themselves—feels unfamiliar. Start with curiosity.

 **Reflection**

- How do I treat myself when things go wrong?

- Would I treat someone I love this way?

- What if this pattern was learned—not who I am?

- Am I willing to begin treating myself differently, even just a little?

 **A Simple Standard to Live By**

You won't get everything right.

You may still have moments where you react or feel overwhelmed, this is a skill that needs to be learned and practiced.

That's part of being human.

What if you made a quiet agreement with yourself?

Do your best to reduce harm— both toward yourself, and toward others.

Not perfectly, but intentionally.

You don't have to force self-love.

You just have to become willing to practice it.

 **A Place to Begin**

If this brought something up for you—awareness, resistance, or even curiosity...

That's a powerful place to start.



ELEVATED
PERSPECTIVE

Self-Care

If you're finding it hard to recognize your patterns or shift them on your own, you don't have to do that alone.

I guide people in understanding their patterns and practicing new ways of responding—gently, consistently, and in a way that fits real life.

If you're curious, you can begin with booking a [Foundations for Elevation call](#).