

PRINCIPLE ONE

Talk

The less often you give shame-based ideas a voice, the easier it becomes to play the PART. Living well feels more natural the more you practice talking about yourself and your caring responses openly and positively. Write ten 100% beast-free reflections on how it has felt, or will feel, to respond in the ways you listed on the previous sheet. This is fuel for care.

Examples:

I went for a 20-minute-long walk, and it made me feel all Zen.

I drove home instead of stopping for MBs and ate yesterday's leftovers instead. My gut feels calm, my head is quiet, and...

I got 9 solid hours of sleep last night. I woke up with a cape and the ability to leap tall buildings in a single bound.

