to feel good enough
(I am enough)
List all the words you can think of that describe who you are in a way that makes you feel good about yourself.

Think about:
what you are proud of and grateful for
what you take for granted about who you are and what you can do
your skills, talents, qualities, strengths, traits, values, aspirations.

Write them in a spiral to realise your UNIQUEness

I am enough
When someone you love feels down, feels grumpy, feels tired or sad or angry or unwell, what do you do?

When someone you love is hurt, worried, anxious or stressed, what do you do?

When someone you love thinks they’re ugly, fat, skinny, rubbish or stupid, what do you do?

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<tbody>
<tr>
<td>1</td>
<td>Be there for them?</td>
<td>6</td>
<td>Be kind to them?</td>
<td>11</td>
</tr>
<tr>
<td>2</td>
<td>Accept them?</td>
<td>7</td>
<td>Encourage?</td>
<td>12</td>
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<td>3</td>
<td>Reassure?</td>
<td>8</td>
<td>Work out a plan?</td>
<td>13</td>
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<td>4</td>
<td>Listen?</td>
<td>9</td>
<td>Give them a hug?</td>
<td>14</td>
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<td>5</td>
<td>Care for them?</td>
<td>10</td>
<td>Make them laugh?</td>
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You can do this for YOU

No one has ever really taught you this but you can learn it now. You can make yourself feel better.

Try it for yourself now.
Instead of saying things like this to yourself

- How stupid can you get.
- You’re a horrible person.
- You don’t deserve....
- You should be ashamed of yourself.
- You’re no good.
- You’re a failure.
- What will people think?
- This is terrible. You’re terrible.
- You’ve let everyone down.
- If you don’t do well, no one will want you.

Say things like this to yourself instead

- What do you need right now – to feel a little bit better?
  - This feeling will pass.
  - You’ll feel differently tomorrow.
  - You’ll be alright.
  - Take it easy.
  - Take your time.
  - You’ll get through this.
  - It will be OK.
  - I’ll take care of you.
  - You’re safe.

Whenever you’re not feeling smart enough, strong enough, attractive enough, ......... enough, try out being more friendly to yourself. Work out what to say that would make you feel a bit better.
Do you constantly compare yourself with others?

Do you tend to look down on others? This can leave you lonely and without friends.

Do you tend to doubt yourself around others? This can leave you vulnerable to their opinions of you.

The fact is we are all different and we are all imperfect. But underneath our differences and imperfections, we are equally valuable - and equally worthy of respect.

So you can choose to respect yourself and all the imperfections that make you YOU. And you can choose to respect others as well.

Then you can know you are enough, value who you are, and like who you will become.