

What You Would Tell Your Younger Self

Say what you know now to the person you were, and see what still applies.

WHEN TO USE THIS

Use this when you are looking back and being rough on the person you used to be.

Pick an age. What was going on for you then?

What would you want to tell that person?

How much of that also applies to you today?

You were doing what you knew how to do then. That is usually the honest version.

The kindness you offer back there is allowed to come forward too.