

When the Anger Points at You

Look at the anger you aim at yourself, and find the fairer version of it.

WHEN TO USE THIS

Use this on a day you have been running yourself down in your own head.

What do you say to yourself when you are angry at yourself? The actual words.

Someone you care about did the exact same thing. What would you say to them?

If this turns into thoughts of hurting yourself, call or text 988, the Suicide and Crisis Lifeline. Reach out now if you are not safe.

How much of today went on this?

0	1	2	3	4	5	6	7	8	9	10
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Barely any

Most of it

What is the fair version? What is true here, without the extra piled on top?

You can hold yourself to something without tearing yourself down to get there.