



SELF PARENTING

ELLIE BASS MEDITATION

INSTRUCTIONS: When you have a negative thought, feeling or experience, how would you best parent respond to you in that moment? What would they say and how would they say it?

NEGATIVE THOUGHT, FEELING



BEST PARENT RESPONSE

NEGATIVE THOUGHT, FEELING



BEST PARENT RESPONSE

NEGATIVE THOUGHT, FEELING



BEST PARENT RESPONSE

NEGATIVE THOUGHT, FEELING



BEST PARENT RESPONSE