



A Movement of Self Love

ACTIVITY: Write Out of Your Head!

Objective: To work on self awareness, thought identity, and self compassion

QUESTIONS FOR STUDENTS

Do you ever feel overwhelmed by your own thoughts?

Are you constantly saying things like, "I SHOULD be doing, acting like, or looking like x,y,z" to yourself?

Do these thoughts make you feel better or worse?

INTRODUCTION

So often, we are the ones who are placing enormous amounts of pressure on ourselves. Sometimes this looks like how we think we SHOULD look, act, things we should be doing, things we shouldn't be doing, etc. We can easily get overwhelmed by an idea of who we think we need to be in order to be accepted or to accept ourselves. When we begin to identify the true nature of these types of thoughts, we can show up for ourselves with grace and love.

ACTIVITY

Give everyone a copy of the Write Out of Your Head activity sheet. Explain that our minds are filled with many thoughts all day long. Some of these thoughts help us and some hurt us. Rarely do we question if they are true or if they are kind towards ourselves. Ask yourself this question, "I should BLANK?" Take 3 minutes to write three answers as they come into your head. Don't judge them. Let them flow.

Now, take the next 5 minutes to look at each thought you had and ask yourself these two questions about it.

1. IS IT TRUE?

2. WOULD I SAY THIS TO FRIEND OR LOVED ONE?

Take some time to review your thoughts and your answers. We often have ideas of how or who we should be, but they are not true or kind. For instance, maybe you wrote "I should look cuter." or "I should be better at math." or "I should juggle everything better." or "I should have more friends." While trying to better yourself is a good thing, thinking that you SHOULD do something to be happier/loved is untrue. This is the difference. Where is that SHOULD coming from? You are loveable just as you are. When these thoughts occur, take a moment to ask yourself those two questions: Is it true?, and Would I say this to a friend? This will help you begin to speak nicely to yourself.

Write Out of Your Head!

I should....

Ask yourself...

Is this true? YES NO Would I say this to someone I loved? YES NO

I should....

Ask yourself...

Is this true? YES NO Would I say this to someone I loved? YES NO

I should....

Ask yourself...

Is this true? YES NO Would I say this to someone I loved? YES NO

You are loveable as you are!