

Invitations for Self Care

1. I can give myself the same care and attention that I give to others.
 2. I am not an endless 'resource' for others. I must stock up on 'reserves' and not get too drained.
 3. I have needs too, which may be different from my family's, my friends' or my colleagues'.
 4. I do not have to say 'yes' to all requests or feel guilty if I say 'no'.
 5. The 'perfect' person does not exist, making mistakes is permissible; I can learn from them, as can others.
 6. I can't solve all the problems I'm confronted with. I can only do my best.
 7. I have the right to be treated with respect as a worthwhile, intelligent and competent person.
 8. I do not have to have everyone's approval all of the time to know that I am trying my hardest.
 9. Time for unwinding is time well spent.
-