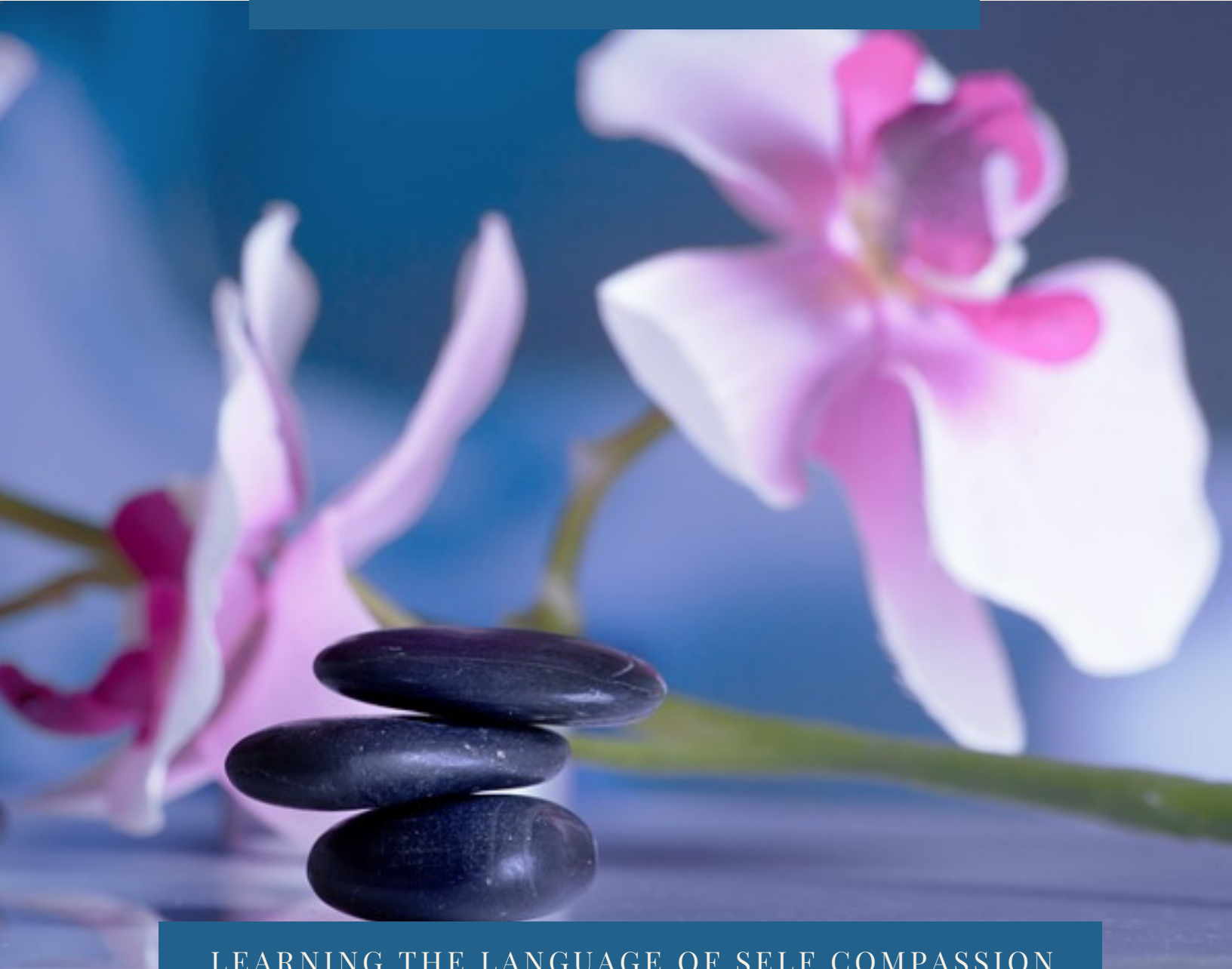




SUZI LULA

MY EMOTIONAL SELF CARE LIST



LEARNING THE LANGUAGE OF SELF COMPASSION

www.suzilula.com

**Emotions are our Friends
Emotions are Messengers
Triggers are our Teachers
They bring us Messages and Insights about
ourselves and the unhealed areas of our lives.**

**The Universe is Friendly
The Universe is Abundant
Self Compassion is a Transformative Language of
Kindness and Abundance**

**A Kind "Tone" with the Intention of "Connecting"
is as important as the actual words that you say.**

**You have to provide that "inner safe space" so the
emotion can bubble up and deliver its message"**

**Self Compassion moves us from the critical
voices of the mind to the soft, but powerful
wisdom of the Heart. Placing your hand on your
heart sometimes assists us to drop down from our
head into our hearts.**



Key Phrases of Self Compassion:

- It's so understandable
- Tell me all about it
- I hear you
- I'm right here. I'm right here with you
- You're not alone
- Let it all out
- I'm on your "side" ... I've "got" you ...
- You're safe with me
- Tears are so cleansing
- I'm holding the space for you right now
- What do you need from me in this moment?
- What is this here to teach me?
- What does my Higher Self want to say right now?

