

Comfort Journal

Investigate What Being Good to Yourself Means

Place paper and a pen nearby. Sit down close your eyes and concentrate on your breathing for a moment. Reflect on the phrase “being good to myself.” When you are ready, take up your pen and list everything that comes to mind. Don’t worry if it doesn’t make sense or if it’s just a fragment of a thought. Pour your impressions of what being good to yourself means onto the paper.

Put this list away for a few days to allow yourself time to gain some objectivity. When you are ready, read over your list. What insights can you glean ?

Take ten minutes to write about what you discover. Try to avoid being judgemental. Now, based on your observations, devise five new comfort activities, and do them in the week.

A Collage of Comforting Images

Clip appealing pictures from magazines, photocopy happy photographs of friends and family, add keepsakes from good times. Play with the images like a puzzle, striving to create connections with your inner self. See what you can learn about yourself and comfort.

Joy List

Make a list of one hundred things that make you happy – warm, peaceful things that create a sense of joy and wellbeing in your life. Record tangible items, like five pounds found in your pocket, and tangible things, like a smile from a stranger. Include things as simple as a great chocolate chip cookie yesterday. Add to this list weekly. Read this list when you’re feeling down.

Free Associations

Pick one word and let your mind run with it. Try nurture, comfort, well-being, relaxation, support and create. Write down all the words, phrases, and ideas that pop into your mind, or create a sculpture or drawing from your associations.

Love List

Write down everything you love about yourself. Get specific. For example, the shape of your nose or the way you sneeze; how you run your business or love your children; your talent for dancing or your penchant for reading. Reread this list when you’re loathing yourself.

Done List

A good exercise to do before bed.

Write down everything that you accomplished today. Instead of a “to do” list, this is a “done” list. Include everything!

Walked the dog
Called the plumber
Made it through a tough day at work
Exercised
Drank lots of water
Didn't yell at the kids

Give yourself credit for what you did instead of what you didn't do. Own all your successes.

Doodle the Blues Away

When you need to be comforted but don't know what to do, close your eyes and doodle.

Let your feelings flow through the pen or paintbrush. Let all your emotions course down your arm and out of your body.