Speaking to myself with mercy

For the days when the voice inside you is harsher than anything you would say to another person. This sheet helps you answer it with simple fairness.

You are not the only one

This episode is about a gap many of us live in: patient and gentle with everyone else, and speaking to ourselves in a tone we would never use with someone we care about. It is not hypocrisy. It is a very common pattern, shaped by habit, upbringing and the fear of becoming "too soft". The answer is not a shallow kind of self-love. It is simple fairness, the same fairness you already offer others.

Season 2, Episode 15: Self-compassion feels harder than kindness to others

The skill, in small steps

1. **Catch the sentence.** Write down, word for word, what you just said to yourself.
2. **Ask one question.** Would I say this to my sister, my daughter or my closest friend?
3. **Write what you would say to her.** Same situation, same mistake. What would you tell someone you love?
4. **Read it back with your own name in it.** Slowly. Out loud if you can. It is allowed to feel strange at first.

Your turn

The harsh sentence I said to myself:

What I would say to someone I love in the same situation:

Whose voice does the harsh one remind me of?

لَا تَقْنَطُوا۟ مِن رَّحْمَةِ ٱللَّهِ ۚ إِنَّ ٱللَّهَ يَغْفِرُ ٱلذُّنُوبَ جَمِيعًا

"Do not despair of the mercy of Allāh. Indeed, Allāh forgives all sins."

Az-Zumar 39:53 (part of the verse) · Quran.com

If the harsh voice tells you that you are a burden, or that others would be better off without you, please do not sit with that alone. Reach out today.

Shared for comfort and reflection by women who have been there. Not therapy, counselling or medical advice. In crisis? Call 911, or the Naseeha Helpline at 1-866-627-3342, any hour.