

TIDAL WAVES OF SELF-COMPASSION

Deep compassion for self comes in waves. You are invited to create the waves of compassion that help you move from current thoughts about yourself, to new thoughts. Maybe you want to move from self-judgment to self-acceptance, from hoping to knowing, from a place of fear to existing in radical self-love. Where the waves emerge, feel free to draw or write words, colors, and symbols to represent the thoughts you want to release or shift away from. As the waves rise, create ideas, thoughts, and words that support you on your journey to new thought patterns and beliefs. As the waves crest and fall, notice where you settle in terms of a new perspective. What new ideas or beliefs have you recently found inspiring? How can you incorporate these into your artwork? Once you've created your piece, consider sharing it with a safe person and encourage them to create their own tidal waves of self-compassion. After all, they are waves worth riding! To learn more about self-compassion, check out this [blog](#) written by the art workshop author, Sherisa Dahlgren, LMFT.

