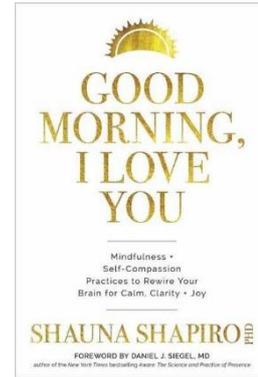


“Good morning, I love you”

This is a practice to promote self-compassion, resilience and wellbeing, that was suggested by Shauna Shapiro in her book by the same title.

In this exercise, we invite you to explore using phrases to greet yourself, affirming your intention to befriend yourself. This is a way to ease the inner critic and to be more open to seeing the goodness in yourself. You greet yourself in this way first thing in the morning while you are still lying in bed or also in the evening as you prepare for a good night sleep. You can also greet others in your mind in this way to promote a sense of warm connection.



Morning Practice

In this practice, as you wake up in the morning we suggest to simply greet yourself like you would say to a good friend: *“Good morning, I love you ... (adding your name)”*. You can also greet others, who are close to you in the same way. Repeating the greeting a few times to yourself in a way that is relaxed and natural. If you notice resistance, discomfort or arguments in your head as you say this, then stop the exercise and repeat instead simply what comes easily for you such as: *“Good Morning... (saying your name)”*. In this practice, it is important to go at your own pace and letting yourself be as you are.

Then after a few weeks or a few months, when you are ready, see if you can add “I love you”. Use those words or some other words that resonate with you, to feel comfortable and at ease. The exercise aims to cultivate a voice within that is warm and friendly. There is no need to force yourself. Practising gentling greeting yourself, the way you would meet a dear friend, in whatever way that feels right for you.

As you greet yourself, you can place your hand over your heart and take a moment to simply feel your hand over your heart. Feel the connection, the warmth of your hand, sensing your heart beating. Feel your tender gesture, remembering your intention to care for yourself, to offer yourself the affection and tenderness that you need to thrive, to flourish.

Maybe you can write some good morning greetings, for yourself and your loved one in the mirror, leaving a sticky note with the message, so it is easy to remember each morning. You can also add some loving-kindness phrases for yourself, finding phrases that resonate with you.

“Good morning...(your name), I love you”

“May you have a good day”

“May you be healthy, happy and peaceful”.

And then offering the phrases to someone else in your life, in your mind:

“Good morning...(your name), I love you”

“May you have a good day”

“May you be healthy, happy and peaceful”.

You may find it easier to first greet your loved one in your mind, offering them some good wishes and then including yourself in your circle of goodwill and greeting yourself warmly using the same phrases.

Evening Practice

You may want to adopt a similar practice at night to promote a good night sleep, wishing yourself and your loved one well. You can also add some loving-kindness phrases. Begin by placing your hand

on your heart or some other comforting place to remind you of your intention to bring loving awareness to yourself, using words that comes easily, to promote a sense of care and kindness. Using phrases that resonate with you and then offering the same phrases to someone else in your life: You can begin with yourself, wishing yourself a good night as you would wish a dear friend:

"Good night...(name your name) I love you".

"May you have sweet dreams"

"May you be healthy, happy and peaceful".

Sending the same phrases to a loved one in your mind:

"Good night...(name your name) I love you".

"May you have sweet dreams"

"May you be healthy, happy and peaceful".

Like in the morning practice, you may find it easier, to begin with wishing your loved a good night first and then including yourself in your circle of goodwill and greeting yourself warmly using the same phrases.

This practice was inspired by Shauna Shapiro who wrote a beautiful book called: Good Morning, I love you. Mindfulness + Self-Compassion, Practice rewiring your brain for calm, clarity + Joy. 2020 What you practice grow stronger Inc.

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