Self Compassion Patch & Pot This is hard. May I be kind to myself.	Self Compassion Patch & Pot I can do one small thing next.
Self Compassion Patch & Pot What would I say to a friend?	Self Compassion Patch & Pot Feelings are waves; they pass.
Self Compassion Patch & Pot Breathe in support; breathe out tension.	Self Compassion Patch & Pot I'm learning. I can try again.