



A TAKECAREOFMOM  
SELF COMPASSION EXERCISE

# LOVING THE LITTLE GIRL WITHIN

LEIGH GERMANN, LCSW



## Human beings are valuable.

Their value does not come from what they do, but from inherently who they are.

If you question this, think of the day your child was born. As you looked in those brand-new eyes, you knew that little person was precious, whole and entirely valuable. Value like this never fades. It doesn't change with age. It doesn't increase with accomplishment or decrease with failure. It is the one pure constant that all of us can count on.



This statement applies to you!

**YOU** are a human being.

**YOU** are that baby with a future of untouchable wholeness and value.

Though you have grown older and most likely made mistakes and experienced hard things, **you are still as whole and as valuable as you were the day you were born.**

Something happens as we live in a world of achievement and comparison. It's easy to forget that our value isn't linked to what we do or who approves of us. When this happens, we can get self-critical and mistakenly think that being harsh and unforgiving with ourselves is the only way to deal with our mistakes and disappointments. There is a much better way!

The "better way" is called ***Self Compassion.***

Being treated with kindness and compassion isn't something you earn. It's your birthright! Knowing this allows you to find an alternative to criticism and shame.

Remembering who you are and that your value is unchanged from when you were a precious young girl is a great way to help you grow your Self Compassion!

# Loving the Little Girl Within

A Self Compassion Exercise

Find a picture of yourself when you were a young girl. Take this picture and place it somewhere prominently in your home (the mirror of your bathroom, on your refrigerator door).



As you see this picture of yourself as a precious child, ask yourself these questions:

- Who will love her?
- Who will help her?
- Who will listen to her?
- Who will comfort her?
- Who will encourage her?
- Who will support her?
- Who will lead her?

Remind yourself that the little girl you see is still within you and that she still needs love and nurturing care. That love and care now needs to come from you. Can you feel a stirring of compassion for her?

When you get frustrated with yourself for unmet expectations or perceived mistakes, take a minute and consider how you might handle it with this little girl.

Will you give her some room to be imperfect?

We are living a “life of imperfection”. We all have faults and weaknesses. Our worth is not determined by a scale of any kind, it is intrinsic. How you look, how you parent, how well your children do or how fast you grasp concepts or perform tasks can never affect your value. Learning to be at peace with the fact that you are imperfect, that you will make mistakes and that you will feel the entire scope of human emotions, including anger, sadness and fear is freeing and empowering. It makes room for you to be on your own side!

**Self Compassion reinforces the fact that we are valuable!**

Just as you would never scream and threaten a little child because they deserve to be treated with care, you also deserve the same kind of respect *for yourself from yourself*. When you practice treating yourself this way, it has the power to radically change your life!





This exercise can help you re-connect to the “little girl” within that really needs you to be on her side!

So, go put your arm around that girl as you go through your day and talk to her and think of her as you would someone you love. You will find that she’ll love you right back! When you are on your own team, you will find the peace and joy that comes with Self Compassion.



# Final Words from Leigh

Notice as you work on becoming more self-compassionate, that you might hear the voice of your inner critic, judging you on how well you are doing (compared to others) or even more likely how bad you are failing at it!

This is a time for another dose of self compassion!

This stuff is hard. It's going against the "river current" of your brain. You may have been self-critical for years with the mistaken belief that you must stay that way or fail in your life. That was false thinking- and it will take time to change the course of that river.

So, when you notice the critic criticizing your criticizing- take a deep breath. Everyone is struggling with this - with time, you will see your wise voice begin to take the lead. We cannot yell at the critic and hope to shut her up. We can only notice her and then bring in the nurturer to soothe and comfort.

Only then will our critic be tamed.

## Additional Resources

If you liked this first step and want to learn more, consider joining me as we walk through the [Resiliency System](#), using the 5 Pillars of Power to dive deeper into Self Compassion and all the core principles you need to help you build the life of confidence and peace you long for.

Also, check out my [blog posts](#) at [TakeCareofMom.com](#) as I dig into mom-specific challenges and provide helpful insights and solutions.

## Take Care of Yourself!

# Leigh

