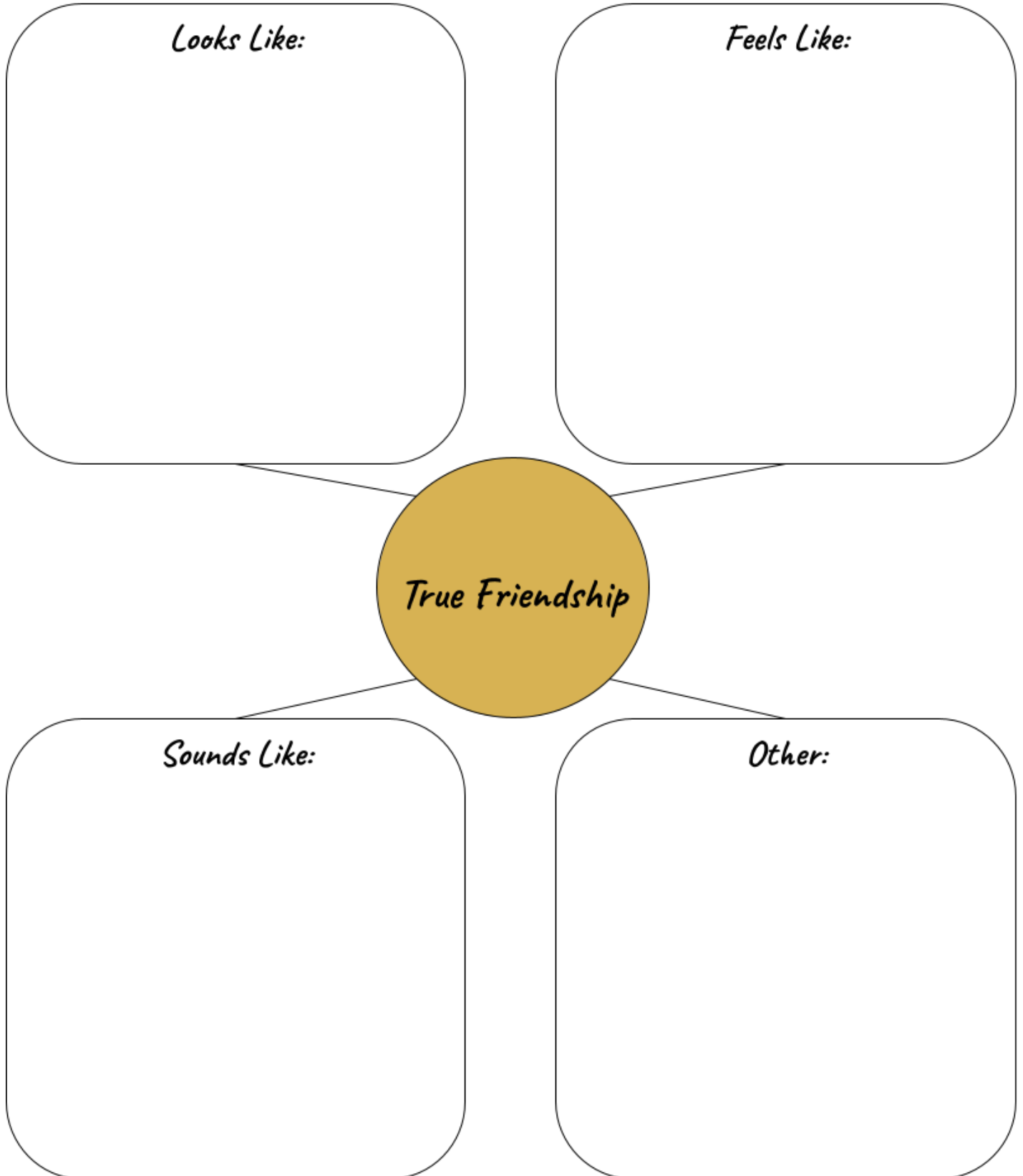


Befriend Yourself

What does or would safe, loving, true friendship look/sound/feel like to you? Use the graphic organizer below to brainstorm what you most desire/need/appreciate in a friend. If possible, pull from real-life instances when someone showed up for you in a way that felt safe and loving.



Now, consider how you want to show up for yourself in life. Imagine yourself acting like your own best friend. What could that look/sound/feel like to you? Use the organizer below to jot out concrete examples. Remember to start from where you are vs imagining a "perfect" scenario.

