

# Being Gentle with Ourselves

July 11



It feels natural for us to take care of others. We know intuitively what they want or need and we're there to provide it. With those we love and care for, we are especially gentle and kind.

But what about us? When was the last time we treated ourselves with a kind-ness equal to what we give to those we love and care for? Some equate being gentle with ourselves with being deserving. Those new in recovery rarely feel deserving. Often, they may turn away from being gentle with themselves with negative messages that say, "That's silly!" "I don't have the time for that."

Somehow, we always have time for others. Many of us just never give ourselves permission to attend to our own self-care. We who do so much for others, deserve a personal self-check.

Learning to be gentle with ourselves is a commitment, a personal declaration that says we are *worthy* of self-care. Nurturing must begin with us if we are to have the inner resources to give care to those we love.

Maybe the best we can do is a thirty-minute soak in the tub, or a ten-minute break with our feet up. For some, a personal hug at a tense moment in the day is a reminder of the need to be kind to ourselves.

Setting personal limits, exploring new boundaries for ourselves, and learning what we can do and what we can let go of, reminds we are no longer, all-or-nothing people. Maybe a simple "I'm sorry I can't do that, but I could do xyz," is in order when others ask for our help. We get to be in charge of what gentleness to ourselves looks and feels like.

Accepting loving-kindness from ourselves is the beginning of self-compassion. Sobriety is the permission we've always needed to see how much we deserve to make self-care a priority.

**TODAY'S MEDITATION**

With your help, God, I remain convinced of how deserving I am. Today I will not minimize the importance of taking care of me.

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*“What do you do when life blindfolds you and spins you around? We think it’s our fault, that we’re to blame, when really we should be focused on being gentle with ourselves.” — Melody Beattie*

