



Patterns of my Usual Self and my Compassionate Self

<i>My "usual self" thinks:</i> <i>Jodie is annoyed at me and disappointed</i>	<i>My "Compassionate Self" thinks:</i> <i>Jodie has already shown they were honest with me in the past, if they feel something is wrong, they will tell me, they are assertive</i>
<i>My "usual self" does:</i> <i>I stall and ask them a thousand times if they are REALLY ok with me going out</i>	<i>My "Compassionate Self" does:</i> <i>I tell them I am grateful to be with someone who encourages me in this way and to have such a transparent relationship</i>
<i>My "usual self" wants (intention):</i> <i>To be 100% sure that they never feel annoyed by something I do</i>	<i>My "Compassionate Self" wants (intention):</i> <i>For me to go out and spend a nice evening with my friends and remember that Jodie is happy about me being happy</i>
<i>How do I feel now (as my usual self):</i> <i>Fear, I feel as if there was an alarm going off inside me</i>	<i>How do I feel now (as my Compassionate Self):</i> <i>I feel more relaxed, like I am not doing anything wrong</i>