



How to give tender loving care
to yourself!

A gentle easy to learn process to give you some much needed TLC whatever you are doing and whenever you need it.

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What is Tender Loving Care?

Tender: to act with gentleness, kindness, and compassion

Loving: to demonstrate devotion, affection, and fondness

Care: to provide, support, service, and attendance

Tender loving care is a way of being.

It influences how you are, how you feel, and how you behave towards yourself and others.

There are many things you can do to give yourself a little tender loving care, such as:

- Do yoga
- Practice meditation
- Have a dance
- Get a massage
- Go for a walk
- Eat good food
- Stroke a pet
- Make art
- Watch a movie
- Hug trees
- Have a nap
- Read something you enjoy
- Loads of other stuff too....

However, have you ever done any of these activities and not felt like you were giving yourself that tender loving care? I expect you have. I think we all have.

There is a key factor that really makes a difference as to how you are able to experience that tender loving care, and that is the state you are in.

Think of your state as the sum total of how you are physiologically, mentally, emotionally, spiritually, and anything else that might be affecting you in that moment.

When you are in a state that allows you to give yourself that much needed tender loving care, the whole thing becomes far less about what you do, and far more about how you are when you do it.

A person in state of tender loving care can be cleaning their windows and have a more nurturing experience than a person who is doing yoga and being self-critical and unloving towards themselves.

Consider for a moment what it would be like for you if you could have a deep and reliable state of tender loving care that you could apply to anything you do, from attending a yoga class, to doing laundry, to giving or receiving a massage, or to just going for a walk with yourself or someone else.

Our process

You will learn how to go through our gentle process, which has been influenced by: John Grinder's chain of excellence, David Grove's Clean Language, Erickson's hypnotic language patterns, and a bit of theatrical Improv.

The process can be done two ways.

1. **Do it in your mind:** simply imagine the whole process as if it actually happening in your body
2. **Do it in your body:** physically act it out and do it as if it is all completely natural to you

Doing it in your body involves more of the senses and creates muscle memory, which makes it easier to re-access when you want to create that state again.

But if for any reason you cannot do it in your body it's still a great exercise to do in your mind.

You can do this process as many times as you like. The more you do it the easier it becomes and the faster and more reliably you'll be able to access it.

How to do the process

There are two very simple steps involved.

1. **Spend a few moments doing the preparation piece.**
(The preparation piece is on the next page)
2. **Go through the process for each of the 7 pages that follow.**
(The process is the same for each of the pages)

There are 7 pages with capitalized headings:

1. BREATH
2. POSTURE
3. MOVEMENT
4. THINKING
5. FEELING
6. CHOOSING
7. ACTIVITY

For each page, with a capitalized heading, there are three things to do:

1. **Speak the word in the heading** - connect with what it means - *for you*
2. **Gaze upon the image** – what it evokes - *for you*
3. **Say and feel each step** – contemplate what they create - *for you*

Every word except pause is to be read aloud or said in your head. When you see (pause) actually pause 😊. The words are designed to be repeated. Say them slowly with a gentleness in your voice.

Here's an example

BREATH ← Speak the word



← Gaze upon the image

← Say and feel each step

And as I allow myself
to give myself
that Tender Loving Care:

I am realising
how I become present to my breath
(pause)

I am exploring
what kind of breath, is that breath
(pause)

I am embodying
that breath, and it is my breath
(pause)

Some ways you could play with this process:

- ask someone to read it aloud to you
- read aloud to yourself
- record yourself saying it aloud then listen to the recording
- get someone else to record it and listen to recording

Preparation Piece

Let's begin

*Spend a few moments
thinking about what it is like
or could be like
for you
when you give yourself
some much needed
tender loving care
and imagine
you are doing it so well
it is you doing tender loving care
at your best.*

If you cannot think of what this would be like, just make it up - imagine you are doing method acting.

And now

- Get your attention where it needs to be
- Adjust your body to be comfortable to begin
- Grant yourself permission to play full out during this exercise
- Free your imagination as you go through the journey
- Have a calm stillness in you and around you
- Allow the process to just happen
- Imagine you are in flow
- Know there is no right or wrong way to do this, there is just doing it
- Choose to let this process serve you
- Have fun ... 😊

BREATH



*And as I allow myself
to give myself
that Tender Loving Care:*

I am noticing

how I become present to my breath

(pause)

I am exploring

what kind of breath, is that breath

(pause)

I am embodying

that breath, and it is my breath

(pause)

POSTURE



*And as I allow myself
to give myself
that Tender Loving Care:*

I am noticing
how I become present to my posture

(pause)

I am exploring
what kind of posture, is that posture

(pause)

I am embodying
that posture, and it is my posture

(pause)

MOVEMENT



*And as I allow myself
to give myself
that Tender Loving Care:*

I am noticing
how I become present to my movement

(pause)

I am exploring
what kind of movement, is that movement

(pause)

I am embodying
that movement, and it is my movement

(pause)

THINKING



*And as I allow myself
to give myself
that Tender Loving Care:*

I am noticing

how I become present to my thinking

(pause)

I am exploring

what kind of thinking, is that thinking

(pause)

I am embodying

that thinking, and it is my thinking

(pause)

FEELING



*And as I allow myself
to give myself
that Tender Loving Care:*

I am noticing
how I become present to my feeling

(pause)

I am exploring
what kind of feeling, is that feeling

(pause)

I am embodying
that feeling, and it is my feeling

(pause)

CHOICE



*And as I allow myself
to give myself
that Tender Loving Care:*

I am noticing

how I become present to my choice

(pause)

I am exploring

what kind of choice, is that choice

(pause)

I am embodying

that choice, and it is my choice

(pause)

ACTIVITY



*And as I allow myself
to give myself
that Tender Loving Care:*

I am noticing

how I become present to my activity

(pause)

I am exploring

what kind of activity, is that activity

(pause)

I am embodying

that activity, and it is my activity

(pause)