

Inner Kindness Worksheet

Questions	Nina's answers	My answers
Why was this specific situation tricky?	I found the situation upsetting because I love my job and it's uncomfortable to be ignored. It's important for me to get on with people.	
If you were speaking to your past self who was in the same situation, what would you say to them?	I'm sorry you're going through all of this, it's going to be ok. Of course this is upsetting	
Is there anything you want your self to know?	Maybe it's time to try another tactic to improve the situation.	