

# Marléne Rose Shaw

Therapist, Coach and Self-Help Author

[www.marleneroseshaw.com](http://www.marleneroseshaw.com)

## Letting Go of The Need to Be Strong

Is there a situation in your life today where you've been "being strong" for some time? It may be a problem in a relationship, it may be at work or something else.

If you were to look at this situation and approach it from a perspective of being kinder to yourself - what would that look like?

Write down the following and replace the words in brackets with your own.

In this (situation) I have been enduring (the hardship) for (length of time)

Overall this makes me feel (how you feel physically) and (how you feel emotionally)

If I was to be kinder to myself within this situation I would think about (what you would think) and I would (what you would do)

Looking at the bigger picture, in the long run this would make me feel (how you imagine feeling)