

mitsakes

I don't remember what mistake I made, just that I made one.

Or many.

Maybe that's like how they say you won't remember what they did but you'll always remember how they made you feel

I remember how my mistakes made me feel.

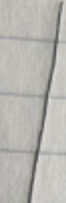
lesson 10 – wisdom voice – pt 2 (reframing aforementioned mistake with kinder voice)

that mistake feeling won't go away
but I can turn it into a mitsake feeling

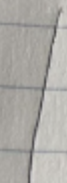
and if I can't make it a mitsake
then I'll let it float away
with the beautiful clouds
in the sky

KLF October Meeting

My Mistake - while teaching Senior Citizens I am always prepared. Lately I have been super busy and I didn't prepare to the extent that I normally do



How I treated myself - I was super hard on myself and I felt the overwhelming need to organize myself and "punish" myself by becoming more stressed. The need to overcompensate on other activities.



Re-thinking - I should

1. treat myself
2. Be a friend to myself
3. Pause, close my eyes and before taking any other actions pause and reflect
 - Listen to music
 - Exercise
 - Close my eyes and breathe

REFRAME)

Look, you didn't know. You were 100% on track to turn it in on time tonight, you just didn't know that would inconvenience her. If you could go back, you know you would have done things differently, so don't be hard on ~~yourself~~ your character. It doesn't reflect anything poor about your morals because it wasn't your intention. You did what you could to remedy the situation.

I feel like my counselor is mad at me. I feel irresponsible and kinda like a bad person. I was supposed to submit my NMSC application tonight but I didn't realize that she couldn't do her work for the application ~~until~~ until I submitted. I still feel horrible about it. I really felt the worst when receiving her two emails that felt passive aggressive or even angry. Now I'm stressed that the application won't get in at all. I just emailed her so hopefully everything is okay.

Before: My Mistake, the lack of no's and farewells in my vocabulary, driving me to inflict the very chaos I devote myself to alleviate among others.

After: Dear Isabel, you are more than your achievements and the what if's. You are more than the scars on your hands or letters in your gradebook. How will you be able to help others, if you cannot help yourself? Sometimes the greatest act of self-love is saying no.

FREEWRITE

CRITICISM

- Why were you slacking off?
- You set yourself up for failure
- School always comes first!
- It'll be your own doing when this all goes wrong
- You don't deserve extensions on these papers.

SELF-COMPASSION

- School is not everything
- You deserve some slack
- You still got all the papers in on time
- Being with friends is important
- Plan better next time - Learn from this 😊
- You are a hardworker that deserves a break once in a while!

I want to tell you about a mistake that I made a few years ago I wanted to embark on a health journey. I had been introduced to things like calories and macros. I was uneducated and thought that the fewer calories I would consume, the thinner I would get. I am someone who now loves nutrition and advocates for things like intuitive eating, so all of these sound crazy to me. However, this caused me to have a really terrible relationship with nutrition which caused my performance in my athleticism to decrease. I was putting my body through such unrealistic diets that it ended up hurting me rather than helping me. I think about this mistake that I made a lot because now even though my relationship with food is much healthier, it still upsets me whenever I think about what I put myself through. Although this was terrible, I am grateful that now I am able to love and pursue food and nutrition in my life. I now have the opportunity to be properly educated and have the upper hand when it comes to fueling my body with proper nutrients, and not just a stupid number. I prioritize foods that make me FEEL good, which is most important.

I know its not much, but this is a bit hard for me to write about.