



*Choose  
A Kinder  
Thought*

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Welcome

There are moments when the weight of our own thoughts feels unbearable, when the voice inside us is sharp, relentless, and unforgiving. Those thoughts convince us we're not enough, that we're alone, broken, or beyond help. They whisper lies shaped by past hurts, loneliness, shame, and fear. Maybe those voices have been especially loud lately, maybe you're tired of fighting with yourself, tired of the endless cycle of doubt, pain, and self-criticism. I see you. I hear you. And I want you to know you are not alone.

Choose A Kinder Thought is a quiet invitation to pause, to notice the stories you tell yourself, the unkind thoughts that hold you captive, and to gently challenge them. This book doesn't promise instant fixes or magical answers. What it promises is the gentle opportunity to speak to yourself in a kinder way

Within these pages you'll find two ways of thinking about the same moment, one unkind, one kinder. These aren't empty platitudes. They're small acts of courage and compassion, designed to help you reclaim your inner voice from pain and self-judgment.

Healing is not a straight path. It's slow, often messy, and deeply personal. But it begins with a single choice: to be a little kinder to yourself today. You don't have to be perfect. You don't have to have it all figured out. You just

need to be willing to try to choose a kinder thought...one thought at a time.

This book is here to walk with you, softly and without judgment, through the darkest moments toward the light you deserve.

### **Why are we so unkind to ourselves?**

There's a voice inside you that knows exactly how to hurt you. It knows your soft spots, your scars, your private fears. It's fluent in shame. It whispers things you'd never say to someone you loved. It tells you you're behind, you're failing, you're unworthy, you're too much, you're not enough. This voice isn't your truth. It's a collection of old echoes – memories, misunderstandings, leftover rules from places you never truly belonged. It's trying to keep you safe, in its own strange way.

If you expect little of yourself, you can't be disappointed. If you shrink first, nobody else can shrink you. If you punish yourself first, no one else needs to. But you deserve something gentler. Kinder thoughts. Thoughts that allow you to breathe, to soften, to belong to yourself. This book is an invitation to choose again.

This little book is for the tender-hearted. For the overthinkers, those who are too-hard-on-themselves, the ones who carry old hurts in quiet places.

This book is a gentle call to breathe a little easier and choose a kinder thought. You can open these pages anywhere. Let them meet you where you are or read from start to finish, feeling your way through each part.

The purpose of the book is that you take time to speak to yourself with more kindness than before as you choose kinder thoughts to shape your days.

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## **SHAME & SELF-LOATHING**

**Unkind thought:**

I am fundamentally flawed. Nothing can fix me.

**Kinder thought:**

I am not broken. I am tender and healing. I am learning how to love the vulnerable side of myself I once hid.

**Unkind thought:**

If people really knew me, they'd run.

**Kinder thought:**

Those who are meant for me will stay, not because I am perfect, but because I am real.

**Unkind thought:**

I'm disgusting. I hate myself.

**Kinder thought:**

I am a human being with scars and stories. I can offer myself gentle curiosity instead of hate.

**Unkind thought:**

I always mess everything up. I'm a failure.

**Kinder thought:**

I am allowed to stumble. Every misstep is proof I'm trying, growing, becoming.

**Unkind thought:**

I don't deserve good things.

**Kinder thought:**

Deserving isn't earned; it's inherent. I am allowed to receive kindness and joy.

**Unkind thought:**

I'm too much. I overwhelm people.

**Kinder thought:**

My depth and intensity are gifts. The right people will not be afraid of my waves.

**Unkind thought:**

I hate my body. It's shameful.

**Kinder thought:**

My body has carried me through everything. It  
deserves tenderness, not contempt.

**Unkind thought:**

I'm nothing without achievements.

**Kinder thought:**

My worth is not tied to doing. I am enough simply by  
being here.

**Unkind thought:**

I should hide who I really am.

**Kinder thought:**

When I show up as my true self, I give others  
permission to do the same.

**Unkind thought:**

I've made unforgivable mistakes.

**Kinder thought:**

I am still learning. My regret shows my growth. I can make amends and choose differently now.

**Unkind thought:**

I can't look at myself in the mirror.

**Kinder thought:**

I can meet my own gaze with softness. Even if it's hard,  
it's a beginning.

**Unkind thought:**

I always ruin relationships.

**Kinder thought:**

I have patterns I'm trying to unlearn. That doesn't make me unlovable, it makes me human.

**Unkind thought:**

I disgust myself when I cry.

**Kinder thought:**

My tears are proof of my heart's capacity. They cleanse more than they shame.

**Unkind thought:**

I deserve to be punished.

**Kinder thought:**

Punishment keeps me trapped. Compassion is what truly transforms me.

**Unkind thought:**

People only tolerate me.

**Kinder thought:**

Some people might – but others genuinely cherish me.

I choose to lean toward those.

**Unkind thought:**

I'm embarrassing. I should stay small.

**Kinder thought:**

There is courage in showing up. I have nothing to be ashamed of for existing fully.

**Unkind thought:**

I'll never be good enough.

**Kinder thought:**

Good enough is an illusion. I am worthy of love exactly  
as I am right now.

**Unkind thought:**

They'd leave if they knew my past.

**Kinder thought:**

My past shaped me, but it doesn't define me. Those who love me will honour all of me.

**Unkind thought:**

I'm a burden.

**Kinder thought:**

I carry my own weight and also deserve support. I am not too heavy to be held.

**Unkind thought:**

There's something wrong with me that can't be fixed.

**Kinder thought:**

Nothing is wrong with me. There are just wounds that still need tending.

## **A LITTLE NOTE ON SHAME**

You're not a bad person for having wounds. Maybe someone once told you that your feelings were too much or that good people didn't struggle so you buried the messy facets of yourself, hoping to be loved anyway. But hiding your hurt makes you lonely.

What if you could love the version of yourself who struggles and has needs? What if the belief you have that there's something wrong with you is just you being human?

The past doesn't hold the power it once did. It can't reach out and drag you back to the frightening times you've experienced. I know you stand there some days, staring at old doorways, waiting for guilt to punish you again. Let your old mistakes sleep and allow yourself to write a different script.

Someone else's cruelty taught you to be cruel to yourself. Their voices echo in your self-talk, replaying criticisms you never earned. But their story isn't yours to carry forever.

Your regrets are tender. You cringe at things you wish you'd done differently. But regret is proof that you care;

you couldn't have known then what you know now. And that's okay.

Can you forgive the version of you who simply didn't know any different? Admonishing them, punishing them....release that; you've paid a big enough price already.

Shame thrives in silence. When you keep shame hidden, it grows teeth. When you acknowledge it out loud – even just to yourself – it starts to loosen its hold. Tell your truth gently. It doesn't make you unlovable.

What part of your story longs to be spoken?

Your mistakes are not your identity. They are moments that you get to grow beyond. Who are you when you're not rehearsing your failures?

You're still learning. If you stumble, it doesn't mean you're wrong as a person – just human. Isn't that allowed? Could you let yourself be a work in progress?

Sometimes shame is just love looking backwards. It's your tender heart wishing it had done better. That doesn't make you bad – it makes you beautifully aware.

The truth is softer than shame suggests. You are not irredeemable. Not unfixable. Not too far gone. You're

just a person, trying. And trying is enough. Can you breathe that in for a moment?

Notice when shame starts speaking. Remember where it first learned to whisper. Offer yourself softer words in return. Try them on each day, even if they feel strange. Stay there longer each time, until kindness finds its home within you.

## **GUILT & REGRET**

**Unkind thought:**

I should have known better.

**Kinder thought:**

I didn't know then what I know now.

I can let that be enough.

**Unkind thought:**

I ruined everything by my choices.

**Kinder thought:**

My choices shaped my path, but they don't end my story. I still get to grow from here.

**Unkind thought:**

It's all my fault.

**Kinder thought:**

Not everything rests on my shoulders.

Life is more complex than blame.

**Unkind thought:**

I shouldn't have said that. I was so stupid.

**Kinder thought:**

I spoke from where I was then. I can learn to communicate differently now.

**Unkind thought:**

I've hurt people I love.

**Kinder thought:**

It means I care that it hurts me too. I can make amends  
and love better moving forward.

**Unkind thought:**

I can't forgive myself.

**Kinder thought:**

Forgiving myself doesn't erase the past, it frees me to  
heal.

**Unkind thought:**

They suffered because of me.

**Kinder thought:**

Others have their own journeys and choices. I can hold compassion without carrying all the blame.

**Unkind thought:**

I wasted so many years.

**Kinder thought:**

Nothing is wasted if it taught me something. Those years prepared me for this moment.

**Unkind thought:**

I should have tried harder.

**Kinder thought:**

I did what I could with the energy and awareness I had then. That was enough.

**Unkind thought:**

I'll never live this down.

**Kinder thought:**

This moment will soften over time. I will grow past it,  
even if I can't see how yet.

**Unkind thought:**

I let everyone down.

**Kinder thought:**

I'm not responsible for everyone's happiness.

I did my best with what I had.

**Unkind thought:**

I always make the wrong decisions.

**Kinder thought:**

Every decision has taught me something.

Wisdom is born from missteps, too.

**Unkind thought:**

I betrayed myself.

**Kinder thought:**

I can still return to myself. It's never too late to choose differently.

**Unkind thought:**

I should pay for what I did.

**Kinder thought:**

Self-punishment keeps me stuck. Making amends and growing is the true redemption.

**Unkind thought:**

They'll never forgive me.

**Kinder thought:**

Their forgiveness is theirs to give. I can focus on being someone I'm proud of now.

**Unkind thought:**

I can't move on from my mistakes.

**Kinder thought:**

Moving on doesn't mean forgetting; it means carrying  
the lesson, not the weight.

**Unkind thought:**

I should be ashamed forever.

**Kinder thought:**

Shame keeps me small. Accountability and self-compassion help me transform.

**Unkind thought:**

If only I'd acted differently.

**Kinder thought:**

Regret shows I care. I can let it guide me, not imprison me.

**Unkind thought:**

I'm haunted by what I did.

**Kinder thought:**

I can honour the pain, make changes, and still build a peaceful life.

**Unkind thought:**

I don't deserve a second chance.

**Kinder thought:**

Everyone deserves the possibility of redemption,  
including me.

## **A LITTLE NOTE ON GUILT**

Guilt can be heavy in a different way to shame. It doesn't tell you that you are wrong—it tells you that you did something wrong. But over time, if it's left to sit too long, it starts to blur the lines.

You replay moments. Conversations. Decisions. You look back with the knowledge you have now and expect your past self to have known better. But they didn't. They couldn't.

You made choices with the tools, awareness, and safety you had at the time. That doesn't make everything okay—but it does make it understandable.

Guilt often means you care. It means something in you is aligned with kindness, with growth, with doing better. But punishing yourself endlessly doesn't make you better—it just keeps you stuck in the moment you're trying to move beyond.

What if guilt wasn't a life sentence, but a signal? A quiet nudge toward learning, toward repair where possible, toward doing things differently next time.

Some things can be mended. Some can't. And part of being human is learning to live with both.

You don't need to keep hurting to prove that you've grown. Growth is already happening.

Can you let yourself move forward—not as someone who got everything right, but as someone who is willing to keep learning?

How would today feel without carrying yesterday?

## **FEAR & CATASTROPHISING**

**Unkind thought:**

Something bad is going to happen.

**Kinder thought:**

Right now, I am safe. I don't have to live in future pain.

**Unkind thought:**

I can't handle what's coming.

**Kinder thought:**

I've handled hard things before.

I'll figure this out too, step by step.

**Unkind thought:**

If I relax, everything will fall apart.

**Kinder thought:**

Rest doesn't cause disasters. It helps me meet life with steadier hands.

**Unkind thought:**

It's only a matter of time before it all goes wrong.

**Kinder thought:**

Not every story ends in tragedy. I can let myself hope  
for gentle outcomes.

**Unkind thought:**

If I let myself be happy, it'll be snatched away.

**Kinder thought:**

Joy is not a trap. I can let myself feel it without fear.

**Unkind thought:**

I need to be prepared for the worst.

**Kinder thought:**

Preparation has its place, but peace matters too. I don't have to live inside worst-case scenarios.

**Unkind thought:**

What if I lose everything?

**Kinder thought:**

Even if losses come, I trust my ability to rebuild. I've done it before.

**Unkind thought:**

I won't survive it if my fears come true.

**Kinder thought:**

I am more resilient than my fears allow me to believe.

**Unkind thought:**

I must control everything, so nothing goes wrong.

**Kinder thought:**

I can't control it all. I can breathe and let life unfold  
beyond my grip.

**Unkind thought:**

Something terrible is lurking around the corner.

**Kinder thought:**

I don't want to live always bracing for pain. I can look  
for gentle surprises, too.

**Unkind thought:**

If I trust people, they'll hurt me.

**Kinder thought:**

Not everyone will wound me. Some will hold my heart  
with care.

**Unkind thought:**

It's safer to expect disappointment.

**Kinder thought:**

Expecting pain doesn't protect me – it just steals  
today's peace.

**Unkind thought:**

The world is too dangerous.

**Kinder thought:**

There is danger, yes. But there is also beauty, kindness,  
and love. I can hold both truths.

**Unkind thought:**

If I make a mistake, everything will collapse.

**Kinder thought:**

Mistakes don't end the world. They're just part of living,  
learning, adjusting.

**Unkind thought:**

I'll embarrass myself and never recover.

**Kinder thought:**

Embarrassment fades. People are too busy with their own lives to dwell on mine.

**Unkind thought:**

I always imagine the worst because it feels safer.

**Kinder thought:**

Maybe it feels safer, but it costs me joy. I can practice expecting soft possibilities.

**Unkind thought:**

I shouldn't relax – that's when bad things strike.

**Kinder thought:**

Rest is not a weakness. It prepares me to face whatever comes, calmly.

**Unkind thought:**

I'm doomed. It's only a matter of time.

**Kinder thought:**

No one knows the future. Today might surprise me  
with grace instead.

**Unkind thought:**

I'll never feel truly secure.

**Kinder thought:**

Security isn't perfect or permanent – but I can build moments of safety right now.

**Unkind thought:**

Everything's too uncertain. I can't cope with that.

**Kinder thought:**

Uncertainty is part of life. I can find little anchors –  
breaths, kind words, small joys – to steady me.

## **A LITTLE NOTE ON FEAR & CATASTROPHISING**

Your mind is trying to protect you. It scans ahead, looking for what might go wrong, building stories to keep you prepared. But sometimes it goes too far.

It doesn't just prepare you; it convinces you that the worst-case scenario is already on its way. You start living in futures that haven't happened. You brace for impact when nothing has actually hit.

Catastrophising feels convincing because it's detailed. It paints pictures, fills in gaps, creates certainty out of uncertainty. But those stories aren't facts; they're possibilities, shaped by fear.

What if this moment is simpler than your mind is making it? What if right now, in this exact second, you are okay?

You don't have to solve every possible future today. You only need to be here, dealing with what's actually in front of you.

Somewhere your mind learned that it needed to stay alert, to anticipate, to prepare. It makes sense, but it's time to gently update that pattern.

Not everything is about to fall apart. Not every thought is a warning. Can you come back to what's real?

Your breath. Your body. This moment.

Let the future wait its turn.

## **GRIEF & LOSS**

**Unkind thought:**

I'll never get over losing them.

**Kinder thought:**

I may never stop missing them, but I can learn to live  
alongside my love and my loss.

**Unkind thought:**

It shouldn't hurt this much anymore.

**Kinder thought:**

Grief has no timetable. It shows how deeply I loved.

**Unkind thought:**

Life will never be good again.

**Kinder thought:**

Life will be different. In time, different can hold joy too.

**Unkind thought:**

I should be stronger than this.

**Kinder thought:**

Feeling deeply isn't weakness. It's a testament to my  
heart's capacity.

**Unkind thought:**

I keep replaying our last moments.

**Kinder thought:**

It's okay to revisit memories. I can also gently invite  
new ones in.

**Unkind thought:**

They're gone, and so is my happiness.

**Kinder thought:**

My happiness isn't buried with them. It can return in small, tender ways.

**Unkind thought:**

I didn't do enough for them.

**Kinder thought:**

I loved them the best I could with who I was then. That  
love matters.

**Unkind thought:**

Nothing feels meaningful anymore.

**Kinder thought:**

Grief strips life bare for a while. Meaning will rebuild itself slowly, piece by piece.

**Unkind thought:**

I shouldn't still be crying.

**Kinder thought:**

Tears are part of loving. They don't mean I'm failing;  
they mean I'm human.

**Unkind thought:**

I'll never stop longing for them.

**Kinder thought:**

Longing is love's echo. It might always be there, and  
that's okay.

**Unkind thought:**

I hate that the world keeps going without them.

**Kinder thought:**

It feels unfair, but life continuing means I still have chances to honour them with how I live.

**Unkind thought:**

I feel guilty for laughing or enjoying anything.

**Kinder thought:**

My laughter doesn't dishonour my grief. It means life is finding a way to comfort me.

**Unkind thought:**

I should have been there more.

**Kinder thought:**

I showed up with the love and capacity I had. That counts for something real.

**Unkind thought:**

I'm scared I'll forget them.

**Kinder thought:**

Love has ways of remembering. They live in who I am,  
how I love, what I cherish.

**Unkind thought:**

It feels wrong to keep living when they can't.

**Kinder thought:**

Living fully can be my tribute to them – a way to carry their light forward.

**Unkind thought:**

Grief is all I have left.

**Kinder thought:**

Grief is part of my story, not the whole of it. Other chapters will come.

**Unkind thought:**

I can't imagine ever feeling okay again.

**Kinder thought:**

I don't have to see the end of this pain right now. I only have to take today's small step.

**Unkind thought:**

I've lost too much to ever be the same.

**Kinder thought:**

Loss changes me, yes. But it might shape me into someone deeper, gentler, more present.

**Unkind thought:**

They're truly gone, and I am alone.

**Kinder thought:**

Their physical presence is gone, but love can still reach me in quiet, mysterious ways.

**Unkind thought:**

Why go on when so much is missing?

**Kinder thought:**

Because there are still mornings to see, kindness to give, and moments where love finds me again.

## **A LITTLE NOTE ON GRIEF & LOSS**

Grief doesn't follow rules. It doesn't move in straight lines or neat stages. It comes in waves, sometimes quiet, sometimes overwhelming, often when you least expect it.

You might think you should be "further along" by now. That you should have made peace with it. That it shouldn't still hurt like this. But grief isn't something you fix. It's something you learn to carry. Loss changes the shape of your world. It leaves spaces where something or someone used to be. And those spaces don't always fill back in.

Some days you remember and it feels warm. Other days it catches you off guard and takes the breath out of you. Both are allowed.

Grief is love that doesn't have a place to go in the way it used to. It's a reflection of what mattered, what still matters. You don't have to rush it. You don't have to make it smaller to make other people comfortable.

What if nothing has gone wrong here? What if this is just what it means to have loved? Can you be gentle with the part of you that's still holding on?

## **SELF-DOUBT & INADEQUACY**

**Unkind thought:**

I'm just not good enough.

**Kinder thought:**

Enough isn't a finish line; it's the truth of my being,  
right now, exactly as I am.

**Unkind thought:**

Everyone else is better at this than me.

**Kinder thought:**

Comparison dims my own unique glow. I'm growing at my own sacred pace.

**Unkind thought:**

I always mess things up.

**Kinder thought:**

I've made mistakes, yes. But I also learn, adjust, and try again. That matters.

**Unkind thought:**

Why can't I be more like them?

**Kinder thought:**

The world doesn't need two of them – it needs the  
irreplaceable way only I show up.

**Unkind thought:**

I'm a burden.

**Kinder thought:**

I am allowed to take up space, to need, to lean. That doesn't make me a burden – it makes me human.

**Unkind thought:**

They'll all figure out I'm a fraud.

**Kinder thought:**

I don't have to be perfect to be worthy. Imperfection is honest, relatable, real.

**Unkind thought:**

I have nothing special to offer.

**Kinder thought:**

My presence is already a gift. How I listen, how I love,  
how I simply exist – that's special.

**Unkind thought:**

I'm failing at life.

**Kinder thought:**

Living isn't a graded assignment. It's a wild, tender,  
imperfect journey.

**Unkind thought:**

I should be further along by now.

**Kinder thought:**

There's no official timeline. I'm exactly where I'm meant to be for my own unfolding.

**Unkind thought:**

No one truly values me.

**Kinder thought:**

Even if it doesn't always show, my existence impacts  
hearts I may never know.

**Unkind thought:**

I'll never be confident.

**Kinder thought:**

Confidence grows in tiny steps. Every gentle choice to believe in myself plants a seed.

**Unkind thought:**

I'm too broken to be loved.

**Kinder thought:**

Brokenness doesn't cancel out love. Sometimes it deepens our capacity to give and receive it.

**Unkind thought:**

I'm not smart enough.

**Kinder thought:**

My worth isn't measured by cleverness. My wisdom  
often lives quietly, beneath the surface.

**Unkind thought:**

I never do anything right.

**Kinder thought:**

That's an unfair story. There are countless small things I get beautifully right every day.

**Unkind thought:**

I don't deserve kindness.

**Kinder thought:**

Kindness is not a prize for perfection – it's a necessity  
for every soul, including mine.

**Unkind thought:**

Nobody needs me.

**Kinder thought:**

Even if I feel unseen, my life creates quiet ripples that  
matter.

**Unkind thought:**

I'll never measure up.

**Kinder thought:**

Who's measuring? I can choose to live by softer, truer standards – my own.

**Unkind thought:**

My best will never be enough.

**Kinder thought:**

My best changes from day to day. That's natural. It's still  
enough.

**Unkind thought:**

I'm just too much.

**Kinder thought:**

Too much for whom? I'm exactly the right amount for those meant to hold me.

**Unkind thought:**

I wish I were someone else.

**Kinder thought:**

It's tender to admit that. But my life, with all its edges, is still worthy of being fully lived.

## **A LITTLE NOTE ON SELF-DOUBT & INADEQUACY**

That voice that tells you you're not enough, it didn't appear out of nowhere. It learned. From comparison, from criticism, from moments where you felt overlooked or not quite right. Over time, it became familiar. Convincing. It started to sound like truth.

You question yourself before you begin. You second-guess what you know. You assume others are more capable, more certain, more deserving. But self-doubt isn't evidence, it's a pattern. A well-practiced way of seeing yourself.

What if you're not as far behind as you think?

What if you're measuring yourself against a standard that was never yours to carry?

You don't need to feel completely confident to take a step. You don't need to be certain of the outcome to be capable of starting.

Growth often feels like uncertainty - like wobbling, like not quite knowing. That doesn't mean you're inadequate. It means you're in motion. Can you let yourself try without needing to prove your worth first?

## **ANGER & RESENTMENT**

**Unkind thought:**

I can't believe they did that to me.

**Kinder thought:**

It hurt deeply, yes. But carrying their wrong forever ties me to pain I deserve to release.

**Unkind thought:**

They don't deserve my forgiveness.

**Kinder thought:**

Forgiveness doesn't excuse them – it frees me from the weight of constant bitterness.

**Unkind thought:**

I want them to feel the pain they caused me.

**Kinder thought:**

Hoping for their hurt keeps me entangled. My healing matters more than their punishment.

**Unkind thought:**

I'll never get over what they did.

**Kinder thought:**

I may never fully understand it, but I can loosen its grip  
on my life one breath at a time.

**Unkind thought:**

I hate them.

**Kinder thought:**

Hate burns hottest in me. I can choose to channel that fire into protecting and restoring myself.

**Unkind thought:**

They should pay for what they've done.

**Kinder thought:**

Justice matters, but my peace matters more. I can pursue both without poisoning my heart.

**Unkind thought:**

I'll never trust anyone again.

**Kinder thought:**

I can rebuild boundaries wisely without shutting out all  
future love.

**Unkind thought:**

They ruined everything.

**Kinder thought:**

They changed things, yes – but my story still belongs  
to me. I decide what blooms next.

**Unkind thought:**

I can't move on until they make it right.

**Kinder thought:**

Waiting for them to fix it keeps me stuck. I can give myself permission to heal anyway.

**Unkind thought:**

My anger is all that's protecting me.

**Kinder thought:**

Anger can be a signal, not a shield. I can use wisdom and compassion to protect myself instead.

**Unkind thought:**

They'll never understand how much they hurt me.

**Kinder thought:**

Maybe they won't, but I can honour my pain without needing their understanding or recognition.

**Unkind thought:**

I should have fought back harder.

**Kinder thought:**

I did what I could with what I knew and who I was then.

That's enough grace for my past self.

**Unkind thought:**

They get to be happy while I suffer.

**Kinder thought:**

Their joy doesn't cancel mine. I can still create moments of my own soft happiness.

**Unkind thought:**

I want them to regret everything.

**Kinder thought:**

Their regret is their journey. My healing is mine – and  
it's too precious to hinge on them.

**Unkind thought:**

I'm stuck with this resentment forever.

**Kinder thought:**

Resentment isn't a life sentence. Each day gives me a chance to set down a little more of its weight.

**Unkind thought:**

They took away my sense of safety.

**Kinder thought:**

They disturbed it, yes. But I can rebuild safety slowly,  
within myself and with people who prove worthy.

**Unkind thought:**

If I let go of my anger, I'll be letting them off the hook.

**Kinder thought:**

Letting go doesn't absolve them – it simply liberates me from drinking poison meant for someone else.

**Unkind thought:**

They owe me an apology before I can heal.

**Kinder thought:**

My healing doesn't have to wait for their remorse. I can start reclaiming peace right now.

**Unkind thought:**

I want revenge.

**Kinder thought:**

Revenge might promise relief, but it only extends the cycle of pain. My freedom breaks that chain.

**Unkind thought:**

I'll always feel this angry.

**Kinder thought:**

Feelings shift with time, care, and truth. I'm allowed to trust that this storm will calm.

## **A LITTLE NOTE ON ANGER & RESENTMENT**

Anger is often misunderstood. It gets labelled as something dangerous, something to suppress, something to be ashamed of. But anger usually has a reason to rise.

It shows up where something mattered, where a boundary was crossed, where something felt unfair, where you weren't seen or protected in the way you needed to be.

Resentment builds when anger has nowhere to go, when it isn't acknowledged, expressed, or understood, it settles in and hardens.

You might feel guilty for being angry, or worried about what it says about you. But anger doesn't make you a bad person. It makes you someone who feels things.

The question isn't whether you should feel it. It's what you do with it. Can it guide you towards clearer boundaries, towards honesty, toward protecting vulnerable aspects of yourself that were overlooked before? You don't have to stay stuck in it. But you also don't have to pretend it isn't there. Anger is asking to be understood, not silenced.

## **ANXIETY**

**Unkind thought:**

Something terrible is going to happen.

**Kinder thought:**

Right now, in this moment, I am safe. I can anchor myself here, breath by breath.

**Unkind thought:**

I can't handle what's ahead.

**Kinder thought:**

I don't need to handle it all at once. I'll meet tomorrow's challenges with tomorrow's strength.

**Unkind thought:**

I always panic under pressure.

**Kinder thought:**

Even in panic, I still get through it. That's proof of my resilience, not my failure.

**Unkind thought:**

What if I make the wrong decision?

**Kinder thought:**

Every choice teaches me something valuable. There are no wasted roads, only new directions.

**Unkind thought:**

They'll judge me if I fail.

**Kinder thought:**

Others' opinions aren't my compass. My worth isn't determined by their passing thoughts.

**Unkind thought:**

I can't calm down.

**Kinder thought:**

Calm may come slowly, in small moments. I can invite it gently without demanding it appear.

**Unkind thought:**

If I let my guard down, I'll get hurt.

**Kinder thought:**

Boundaries protect me. Fear isolates me. I can learn the difference, carefully.

**Unkind thought:**

I have to be in control of everything.

**Kinder thought:**

Control is an illusion. Trust can be terrifying, but sometimes it's where life softens and opens.

**Unkind thought:**

What if everything goes wrong?

**Kinder thought:**

But what if, even when things go wrong, I still find strength, grace, or unexpected joy?

**Unkind thought:**

I'm always waiting for the next disaster.

**Kinder thought:**

I deserve to live in moments of peace, too. I can let myself notice what's right, here and now.

**Unkind thought:**

I'm too anxious to live fully.

**Kinder thought:**

Even anxious hearts can hold laughter, beauty, and small adventures. I don't have to be fear-free to live.

**Unkind thought:**

I can't trust anyone.

**Kinder thought:**

Not everyone is safe, but some people are. I can build trust slowly, with care.

**Unkind thought:**

I'm going to embarrass myself.

**Kinder thought:**

Embarrassment is just proof that I'm trying, showing up, being human. That's brave.

**Unkind thought:**

What if they don't like me?

**Kinder thought:**

Not everyone will, and that's okay. I'm not here to be universally adored – I'm here to be real.

**Unkind thought:**

I can't breathe through this panic.

**Kinder thought:**

Maybe I don't need to force it away. I can sit beside it gently and breathe when I'm able.

**Unkind thought:**

My fear means I'm weak.

**Kinder thought:**

Fear means I care. Courage isn't the absence of fear –  
it's moving with it, step by step.

**Unkind thought:**

I have to prepare for the worst.

**Kinder thought:**

Preparation is wise, but obsession steals life. I can plan thoughtfully, then allow myself to rest.

**Unkind thought:**

I'll never get over my anxiety.

**Kinder thought:**

It may always whisper, but it doesn't have to rule me. I  
can live meaningfully alongside it.

**Unkind thought:**

I'm too scared to try.

**Kinder thought:**

It's okay to be scared. Trying anyway is how I learn  
what's possible.

**Unkind thought:**

If I slow down, everything will fall apart.

**Kinder thought:**

Rest doesn't cause collapse. Often, it's what keeps everything from breaking.

## **A LITTLE NOTE ON FEAR & ANXIETY**

Anxiety lives in the body as much as the mind. It speeds up your thoughts, your heartbeat, your breathing. It tells you something isn't safe, even when you can't quite explain why.

You might try to reason with it, push it away, or get frustrated when it keeps showing up. But anxiety isn't trying to make your life harder. It's trying to protect you. It doesn't always get it right but it softens when it's met with steadiness instead of resistance.

Anxiety starts to whisper instead of shout when you slow things down, even slightly. Notice your breath. Feel your feet on the ground. You're allowed to take up space in this moment...this feeling will pass, even if it lingers, even if it returns, you're not trapped in it

## **MISTAKES & LESSONS**

**Unkind thought:**

I can't believe I did that.

**Kinder thought:**

I was doing the best I could with what I knew then.

Growth comes from mistakes, not perfection.

**Unkind thought:**

I ruined everything.

**Kinder thought:**

Maybe I changed the story, but it isn't over. There's still time for new chapters of grace.

**Unkind thought:**

I don't deserve forgiveness.

**Kinder thought:**

Forgiveness is a gift for the burdened heart. I'm allowed to receive it – from myself, too.

**Unkind thought:**

They'll never forgive me.

**Kinder thought:**

Their forgiveness is their choice. I can still own my wrongs and choose to become better.

**Unkind thought:**

I should have known better.

**Kinder thought:**

Wisdom is often born from hindsight. I couldn't have known before what I see so clearly now.

**Unkind thought:**

I can't live with what I've done.

**Kinder thought:**

I can learn to carry it differently with humility,  
compassion, and a promise to do right moving  
forward.

**Unkind thought:**

I failed them.

**Kinder thought:**

Maybe I did fall short. But that doesn't mean I can't still offer love, repair, and presence.

**Unkind thought:**

I'm a terrible person.

**Kinder thought:**

I've made Unkind choices, yes. But those choices don't erase the good in me or my capacity to change.

**Unkind thought:**

I don't deserve to be happy after what I've done.

**Kinder thought:**

Punishing myself forever doesn't heal anyone. I can hold myself accountable and still welcome joy.

**Unkind thought:**

They'd be better off without me.

**Kinder thought:**

That's shame talking, not truth. Healing my wounds makes me safer and more loving to those around me.

**Unkind thought:**

I should never have trusted myself.

**Kinder thought:**

Even my misguided choices taught me important truths. I can rebuild trust with myself, step by gentle step.

**Unkind thought:**

I keep replaying my mistakes.

**Kinder thought:**

Replaying them won't rewrite them. I can honour the lesson and slowly let go of the loop.

**Unkind thought:**

I deserve to feel awful forever.

**Kinder thought:**

Self-punishment doesn't mend harm. Self-responsibility and compassion can transform it.

**Unkind thought:**

I can't face the people I've hurt.

**Kinder thought:**

I may not be ready, but I can still live in a way that honours what I've learned and makes amends where possible.

**Unkind thought:**

I always mess things up and make terrible mistakes.

**Kinder thought:**

I've made mistakes but 'always' is an untrue statement.

I have countless moments of kindness and care, too.

**Unkind thought:**

I'm beyond atonement, recovery, and redemption.

**Kinder thought:**

Atonement, recovery, and redemption lives in every honest apology, every changed behaviour, every tender attempt to do better.

**Unkind thought:**

I can't forgive myself.

**Kinder thought:**

Forgiving myself doesn't erase the past – it simply stops me from bleeding into my future.

**Unkind thought:**

I've wasted so much time.

**Kinder thought:**

Maybe time was lost to pain but today is still here. I can begin again, right now.

**Unkind thought:**

No one will ever trust me again.

**Kinder thought:**

Trust may take time to rebuild, but I can live in a way that earns it back, moment by moment.

**Unkind thought:**

I'll never stop regretting this.

**Kinder thought:**

Regret can soften into wisdom. I can let it guide me  
without letting it govern me.

## **A LITTLE NOTE ON MISTAKES & LESSONS**

Mistakes are part of being human. They're not proof that you're bad, they're proof that you're trying, learning, and growing.

Mistakes and the regret and guilt they carry often make us feel stuck, as if the past has the power to define us forever. But mistakes aren't a life sentence - they're teachers. Every wrong turn, every misstep, every "I wish I had done better" holds a lesson if we're willing to listen.

You don't need to punish yourself endlessly to honour what you've learned. You can acknowledge your errors, accept your humanity, and let the wisdom guide your next steps.

The past is not a cage. It's a classroom.

Can you allow yourself to learn, forgive, and move forward?

## **LONELINESS & DISCONNECTION**

**Unkind thought:**

No one really understands me.

**Kinder thought:**

Some may never understand, but someone might. And  
I can keep trying to understand myself, too.

**Unkind thought:**

I'm always alone.

**Kinder thought:**

I may feel alone, but the world is full of unseen threads waiting to connect. It's not always this way.

**Unkind thought:**

I don't belong anywhere.

**Kinder thought:**

Maybe I'm still searching for my people, my place. That doesn't mean they don't exist.

**Unkind thought:**

Everyone else seems so connected.

**Kinder thought:**

Appearances are gentle lies. Many people feel just as untethered as I do.

**Unkind thought:**

I'm too different to be loved.

**Kinder thought:**

My differences are what make love, when it comes,  
uniquely rich and true.

**Unkind thought:**

No one would notice if I disappeared.

**Kinder thought:**

More people care than I see right now. Even if it's just one person – that connection matters deeply.

**Unkind thought:**

I'm a burden to others.

**Kinder thought:**

My needs don't make me a burden. They make me human, and worthy of care.

**Unkind thought:**

I'll never have close relationships.

**Kinder thought:**

Connection can come unexpectedly, even later in life.

I'm allowed to hope.

**Unkind thought:**

I'm too broken to be close to anyone.

**Kinder thought:**

We're all cracked open in some places. That's often how light and empathy get in.

**Unkind thought:**

I have nothing to offer.

**Kinder thought:**

Presence itself is a gift. My quiet listening, my warm smile, my stories matter.

**Unkind thought:**

People always leave.

**Kinder thought:**

Some do, yes. But some stay. I can't predict who, but I  
can stay open long enough to find out.

**Unkind thought:**

I'm too awkward to make friends.

**Kinder thought:**

Awkwardness is just a sign I care. It's human.

**Unkind thought:**

I'll never be truly seen.

**Kinder thought:**

I can begin by seeing myself fully – then, gently, letting others see the real me too.

**Unkind thought:**

They only tolerate me.

**Kinder thought:**

Maybe some do. But others may genuinely treasure me  
in ways I haven't let myself believe.

**Unkind thought:**

I always feel left out.

**Kinder thought:**

Being left out hurts, but it doesn't define my worth. I  
can still create spaces where I belong.

**Unkind thought:**

It's safer to keep people at a distance.

**Kinder thought:**

Distance might feel safer, but closeness is where healing often happens. I can try slowly.

**Unkind thought:**

I'm not interesting enough.

**Kinder thought:**

I don't need to perform to be loved. My simple, quiet  
existence is enough.

**Unkind thought:**

No one cares how I feel.

**Kinder thought:**

Some may not, but others would if I let them in. I can start by caring deeply for myself.

**Unkind thought:**

I'll be lonely forever.

**Kinder thought:**

Forever is a long time. Today's loneliness doesn't predict tomorrow's connection.

**Unkind thought:**

I shouldn't need anyone.

**Kinder thought:**

Needing people doesn't make me weak. It makes me real, part of the human tapestry of belonging.

## **A LITTLE NOTE ON LONELINESS & DISCONNECTION**

Loneliness isn't always about being alone. You can feel it in a room full of people, in conversations that don't quite land, in moments where you feel unseen. It can make you question yourself, make you wonder if there's something about you that keeps you separate.

Loneliness doesn't mean you're unlovable. It often means you haven't been met in the way you need to be. Connection requires more than presence. It requires being known safely, honestly, and without having to edit yourself into something more acceptable.

That isn't always easy to find. You might have learned to keep your feelings to yourself, to fit in, to avoid rejection, to stay safe. But those hidden feelings are often the ones that long most deeply for connection.

What if the answer isn't becoming more likeable, but more real? More willing to let yourself be seen, even in small ways?

You're not the only one who feels this, even if it feels that way. Connection can grow slowly. One honest moment at a time.

## **HOPELESSNESS & MEANINGLESSNESS**

**Unkind thought:**

Nothing I do matters.

**Kinder thought:**

Every small kindness, every moment of honesty, sends  
quiet ripples I can't always see.

**Unkind thought:**

There's no point in trying anymore.

**Kinder thought:**

Trying is an act of hope itself. Even tiny efforts can change the direction of my story.

**Unkind thought:**

Life is just suffering.

**Kinder thought:**

Life holds suffering, yes – but also softness, laughter,  
connection. I can look for small lights.

**Unkind thought:**

I'll never get better.

**Kinder thought:**

Healing isn't a straight line. Slow progress still counts  
and tomorrow might surprise me.

**Unkind thought:**

I was born to fail.

**Kinder thought:**

My existence isn't a mistake. I can learn, adapt, and grow in ways my pain can't predict.

**Unkind thought:**

No one would miss me if I was gone.

**Kinder thought:**

The absence of my life would echo in ways I'll never  
fully know.

**Unkind thought:**

I've lost all purpose.

**Kinder thought:**

Purpose can be simple: to be kind, to learn, to notice beauty. It doesn't have to be grand.

**Unkind thought:**

Why bother getting out of bed?

**Kinder thought:**

Getting up is a quiet victory. Even small acts today are worthy and enough.

**Unkind thought:**

Nothing good ever lasts.

**Kinder thought:**

Maybe good things are fleeting, but so are hard things.

Everything shifts, eventually.

**Unkind thought:**

There's no hope for me.

**Kinder thought:**

Hope is stubborn. Even the tiniest spark inside me can grow again, given time and care.

**Unkind thought:**

I'm just wasting space.

**Kinder thought:**

I don't have to justify my place here. Being alive is  
enough reason to take up room.

**Unkind thought:**

I'll never find peace.

**Kinder thought:**

Peace may not be constant, but it can visit in small moments. I can look for them gently.

**Unkind thought:**

It's too late for me.

**Kinder thought:**

As long as I'm breathing, there's still time for soft changes, new joys, and quiet healing.

**Unkind thought:**

I don't care about anything anymore.

**Kinder thought:**

Numbness is a shield for hurt. I can honour what it's protecting and slowly thaw.

**Unkind thought:**

I'll never find meaning.

**Kinder thought:**

Meaning can be a small, tender moment, a loving word, a shared smile. It still counts.

**Unkind thought:**

I should just give up.

Kinder thought:

Rest, yes. Pause, yes. But give up completely? Not today. I'll see what tomorrow brings.

**Unkind thought:**

I have nothing left inside.

**Kinder thought:**

Even an exhausted heart holds quiet courage. The fact that I'm still here means something.

**Unkind thought:**

This pain will never end.

**Kinder thought:**

Pain can feel endless, but feelings are visitors – they rise, they stay, they eventually soften.

**Unkind thought:**

My life has no value.

**Kinder thought:**

My life's value isn't measured by my struggles. Simply existing is profound enough.

**Unkind thought:**

I wish I'd never existed.

**Kinder thought:**

Existence is messy and hard, but also full of chances to  
love and be loved.

I'll stay, just to see what might still bloom.

## **A LITTLE NOTE ON HOPELESSNESS & MEANINGLESSNESS**

There are times when everything feels flat. Heavy. Pointless. You look at your life and struggle to find meaning in it. Things that once mattered don't land in the same way.

Hopelessness can make the future feel closed off, like nothing will ever change, like there's no point trying but these feelings aren't permanent, even when they feel endless.

This state of mind doesn't mean your life lacks meaning. It means something in you is tired, overwhelmed, and disconnected. Meaning isn't always something you find in big, life-defining ways. Sometimes it's quiet, almost unnoticeable like a supportive conversation, a moment of ease, a flicker of interest in something that inspires you. These things count.

You don't need to figure everything out right now. You don't need to rebuild your entire sense of purpose in one go. What if today is just about getting through, gently, still trying in whatever way you can...that matters more than it might seem.

## **20 KINDER THOUGHTS FOR HARD MOMENTS**

1. I can be a work in progress and still be worthy of love right now.
2. Just because I think it, doesn't mean it's the truth.
3. I don't have to earn rest by finishing everything.
4. Mistakes mean I'm trying, not that I'm failing.
5. It's okay to be both grateful and struggling.
6. I survived days I was sure I wouldn't. That counts for something.
7. Being gentle with myself is also progress.
8. Some days my best is small, and that's still enough.
9. I won't let one bad moment convince me it's a bad life.
10. Healing isn't linear. It's loops and spirals and that's okay.
11. I can hold space for my feelings without letting them steer the ship.
12. What if I believed I was lovable without needing to prove it?
13. I can begin again, even now.
14. My worth doesn't decrease when I struggle.
15. I am allowed to take up space, even when I'm messy.
16. Shame is loud. Truth is quieter, but I can still hear it.
17. I'll give myself the same grace I give the people I love.

18. Not everything my mind says is a fact. Some of it is just fear talking.
19. I am learning to befriend myself, one gentle thought at a time.
20. Soft doesn't mean weak. Soft means safe.

## **A LITTLE NOTE ON HARD MOMENTS**

Hard moments don't usually announce themselves. They can arrive quietly or all at once, but however they land, suddenly everything feels heavier than it did a minute ago.

Your thoughts become desperate, critical, maybe unkind. In those hard moments, it's easy to believe them, to take them as truth rather than a reflection of how you're feeling. You don't have to argue with them. You don't have to force yourself into positivity.

Just choose a slightly kinder thought.

A kinder thought doesn't have to be perfect. It just has to be a little less harsh. A little more forgiving. A little more real. Something you can believe.

These small shifts matter. They create space where there was none. You're allowed to meet yourself differently, even here. Especially here.

## **THANK YOU**

If you've made it this far, thank you. Thank you for showing up for yourself, for holding on through the storm of your thoughts and feelings. That alone is an act of bravery.

I know the journey hasn't been easy; the harsh, unkind voices in your head can be deafening. But I want you to remember something important: those voices are not the truth of who you are. They are echoes of wounds, fears, and old stories that no longer serve you.

Choosing a kinder thought isn't about ignoring the hard emotions or pretending everything is fine. It's about gently reclaiming your power over your inner world. It's about giving yourself the compassion you deserve, even when it feels impossible.

You've already begun this work simply by being willing to try. Every kinder thought you choose is a seed planted in the soil of your healing. Over time, those seeds will grow into something stronger, softer, and more beautiful than you can imagine right now.

Remember: healing is a process, not a destination. Be patient with yourself. Celebrate small victories, and when you stumble, keep moving forward.

You are worthy of kindness. You are worthy of peace.  
And above all, you are worthy of love, especially your  
own.

With warmth and hope,  
Alison Rose