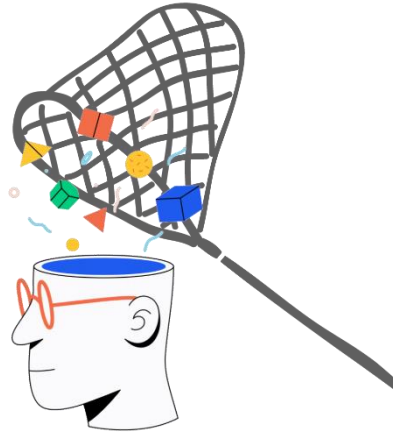


C-P-R for Self-Love



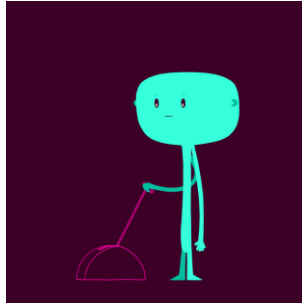
By: Cynthia North, Certified ADHD Life Coach



**What if you could give yourself C-P-R? How could you save your own Life?
I'm thinking deeper to the heart of the matter, "self-love."**

Many of my clients, maybe this is you, experience the valley or the dip during coaching. That old saying "it doesn't get better until it gets worse" rears its ugly head. For some, the boulders and terrain drag them down, and the path is so much harder to traverse. "It's just not working." deep sigh. "I want to quit." Others use the challenge to ignite themselves. They dig in and find their foothold for the next steps. Which mindset are you? Quit or dig in? What if you could always choose to dig in?

Somehow you muster up a little more energy and step forward. Through the coaching process, we can keep our eye on the goals we set and step forward in our expedition- "the journey," I like to say. Tools, strategies, and learned techniques continue to form with some sticking and others, not at all. ADHD symptoms come and go, but you learn how to keep your hand on the lever in the process.



Early in my professional career, I was required to become CPR, and First Aid certified. At the time, this process was merely a checkbox I checked off every year. I trained to give life-saving support until first responders arrived, year after year. Still, years later, I commit myself to maintaining my CPR and First Aid training through changed processes and protocols. Now, it's by choice and not mandate. It's just sitting in my brain cobwebs in a place I hope never to need to recall. No doubt, though, I would want to save a life if I could, so I retrain.

The heart is a precious organ pumping oxygen throughout our bodies. Oddly, we don't tell our heart to pump when we control so many other things in our bodies. We may not even notice or feel it pumping most of our Life. The brain lets us off the hook. But, when it comes to "matters of the heart," your brain has you front and center with emotions. That inside thinking thing. Maybe you have heard the saying, "I am my own worst critic." Perhaps you accept that thinking side of your brain as wholly necessary and of 100% truth.

But what if your self-critic is sabotaging your greatest potential?

Google defines self-love as *regard for one's own well-being and happiness (chiefly considered as a desirable rather than narcissistic characteristic).*

I want to bring forward a challenge to hold self-love with greater importance. ADHD symptoms often tip the scale in shame and self-frustration. Constant negative feedback fuels the negative feedback playing inside your head. I want to help you break the cycle. You can breathe life back into your heart by using the C-P-R method for your self-love.

Coach Tip:

Self-Love C-P-R

C-Catch your Thought

P-Pause and Think

R- Redirect to a Positive

You can become certified in **Self-Love C-P-R** with active practice. I've shared before how the brain processes over 6,000 thoughts a day. I've also shared the saying, "you do what you think." You can make a shift by using the Self-Love C-P-R Method. Self-love is required to attain true happiness. Maybe you have things you genuinely hate about yourself. Okay, what are you going to do about it? Better yet, what can you choose differently? You always have a choice. How can you flip negatives into gifts? You can use your strengths and shine.



Become an expert in Self-Love C-P-R by **catching** your thoughts. First, You have to know what you are thinking. Stop fueling the engine with your negative thoughts. When you feel yourself riding the negative train on the same track, stop the fuel by pausing. In **pause** mode, you can regain the thinking side of your brain. To pause, you may have to walk away, close your eyes, focus on your surroundings to notice all the triangles or blue objects in the room, or use your breath to regulate. Maybe you have a different method to create a pause in yourself? Pausing provides an opportunity for you to shift your attention towards new or different thinking. Now you are in a different headspace to **redirect** your thinking towards something more positive.



How will you remember to give yourself C-P-R? What if every heart you see reminds you to love yourself? Or maybe it's a different symbol. Or maybe you have

a sticky note on the mirror or in the fridge or on the table with a personal message written to yourself. What would work for you?

You can Life Coach yourself towards a happier, more fulfilled life when you show up for yourself. So keep trying, noticing, being aware, and digging deeper. If you are struggling to Life Coach yourself, reach out. A partner might be just the next step to get you where you want to go. The journey awaits at each new dawn.

Reminder: True love has to start with self. Let love ripple from there. You can give what you already have in abundance. Make sure you are net-positive with self-love by using the C-P-R method.