



Amanda Moore

Coaching & Training



TLC - from the inside out

A gentle way to practice the art of self-compassion

A calm, easy to learn, process to give yourself some much-needed TLC whenever you need it!

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What is TLC?

TLC is short for tender loving care.

TCL is a way of being that influences how you are, how you feel, and how you behave towards yourself and others.

Tender: to act with gentleness, kindness, and compassion

Loving: to demonstrate devotion, affection, and fondness

Care: to provide, support, service, and attendance

Many people find giving TLC to others is easier than giving it to themselves.

There are many things you can do to give yourself a little much needed TLC, such as:

- Doing yoga
- Practicing meditation
- Having a dance
- Getting a massage
- Going for a walk
- Eating good food
- Stroking a pet
- Making art
- Watching a movie
- Hugging a tree
- Having a nap
- Reading something enjoyable
- Doing loads of other stuff too....

However, have you ever done any of these activities and not felt like you were giving yourself that much needed TLC? I expect you have. I think we all have.

There is a key factor that really makes a difference to how you experience TLC, and that is the state you are in when you are doing it.

Think of your state as the sum total of how you are physiologically, mentally, emotionally, spiritually, and anything else that is affecting you in that moment.

When you are in a state that allows you to give yourself that much needed TLC, it becomes far less about what you do, and far more about how you are in yourself when you do it.

If you are in a state that is conducive to you giving yourself TLC then it really doesn't matter so much what you are doing. In fact, you could be cleaning your windows and have a more nurturing experience than if you were doing yoga while being self-critical and unloving towards yourself.

Consider for a moment what it would be like for you if you could create a state that would allow you to give yourself that much needed TLC whenever you need it. It would mean you could give yourself TLC while doing anything from attending a yoga class, to doing the laundry, to giving or receiving a massage, or to make just going for a walk an act of self-nurture.

Just before you begin

Spend as long as you need and mindfully consider each of the following:

Give yourself full permission to take all the time you need to go through this process

Allow yourself to get into a comfortable position either sitting or lying down

Create a feeling of calm and stillness in you and around you

Place your attention where it needs to be

Provide yourself permission to fully engage in meaningful self-care

Know you don't have to force anything and just allow the process to happen

Be willing to allow yourself to enjoy the process ... 😊

Breath



Now become aware of how you breathe

(pause)

And breathe the way you breathe when you are giving yourself that much needed TLC

(pause)

And allow that breath to continue supporting you as you give yourself that much needed TLC

(pause)

Now simply continue breathing in that way

(pause)

Posture



Now become aware of your posture

(pause)

And have the posture you have when you are giving yourself that much needed TLC

(pause)

And allow that posture to continue supporting you as you give yourself that much needed TLC

(pause)

Now simply continue to have that posture in that way

(pause)

Movement



Now become aware of how you move

(pause)

And move the way you move when you are giving yourself that much needed TLC

(pause)

And allow the way you move to continue supporting you as you give yourself that much needed TLC

(pause)

Now simply continue to move in that way

(pause)

Thinking



Now become aware of how you think

(pause)

And think the way you think when you are giving yourself that much needed TLC

(pause)

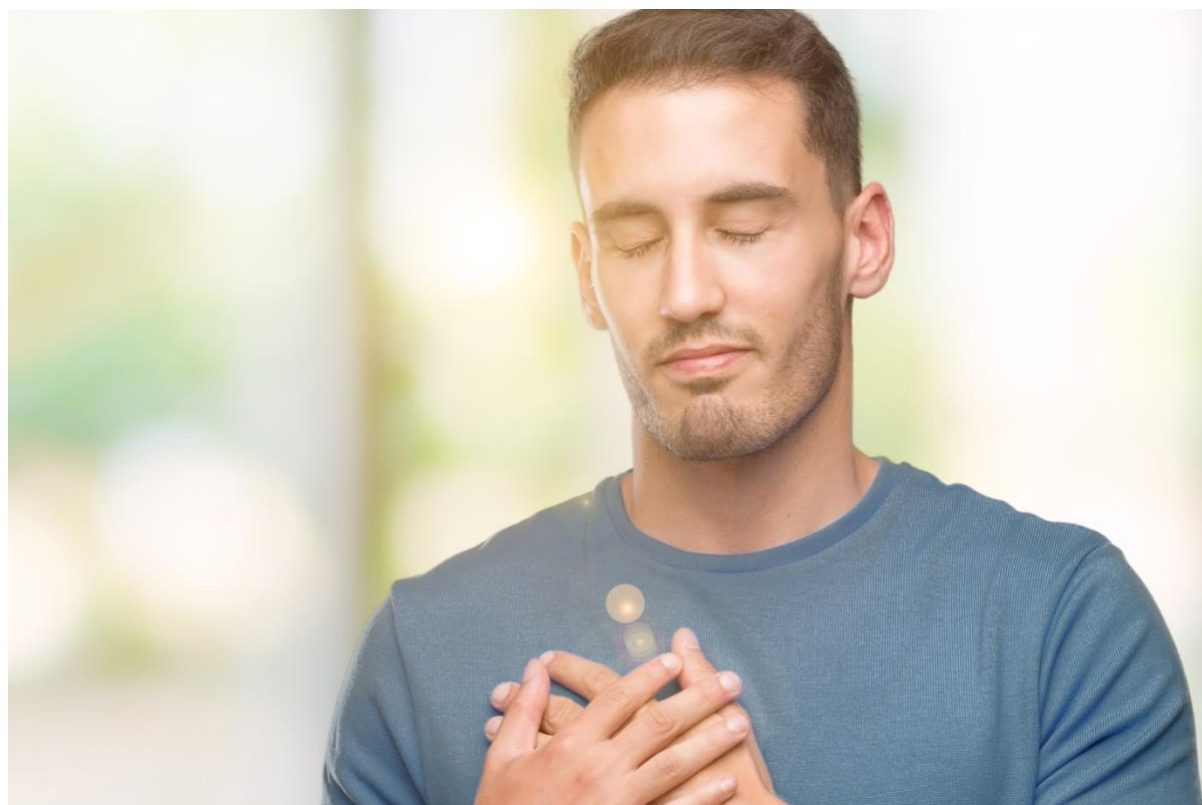
And allow the way you think to continue supporting you as you give yourself that much needed TLC

(pause)

Now simply continue to think in that way

(pause)

Feeling



Become aware of how you feel

(pause)

Now feel the way you feel when you give yourself that much needed TLC

(pause)

And allow the way you feel to support you as you give yourself that much needed TLC

(pause)

Now simply continue feeling that way

(pause)

Voice



Become aware of your voice

(pause)

Now use your voice the way you use your voice when you give yourself that much needed TLC

(pause)

And allow that voice to support you as you give yourself that much needed TLC

(pause)

Now simply continue using your voice that way

(pause)

Integration



Now, take as long as you need

to notice how your

breath
posture
movement
thinking
feeling
voice

can all work together

to support you

and you can let them support you

and you can enjoy that support

as you give yourself that much needed TLC