



Help Yourself To Feel Better - Five Finger Exercise

This exercise is from the book, “The Self-Esteem Companion: Simple Exercises to Help You Challenge Your Inner Critic and Celebrate Your Personal Strengths”. It’s a simple exercise for elevating your mood when you’re feeling bad about yourself. Take the following steps:

1. Take a few deep breaths.
2. Allow yourself to feel relaxed and calm.
3. Touch your thumb to your index finger. Then, think of a time when you felt loved and cared for. For example, it could be a time when you got sick as a child and your mother took care of you all day.
4. Then, touch your thumb to your middle finger. Think back to a time when you felt successful. It might have been the time that you got the best grade on a test when you were in school, or the time you got a promotion at work.
5. Touch your thumb to your ring finger and remember a time when you did something important for someone else. For example, it could be the time that you took some of your Christmas money and you used it to buy a gift for a child who otherwise wouldn’t have received any presents.
6. Touch your thumb to your pinkie and think of a memory of really loving someone else. It could be a family member, a friend, or a romantic interest.

Practice this exercise whenever you need a quick reminder of how to feel good about yourself.

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