

# PATIENCE WITH YOURSELF



The aim is to practise patience with yourself as a way to cultivate inner peace.

## PATIENCE WITH YOURSELF MEANS

acknowledging that whilst you can prepare a path, learn about your participants, and create a structure of the walk, you ultimately arrive at your own thoughts, beliefs, and limitations. Therefore it is so important meeting yourself with kindness rather than harsh judgment.

In Accessible Forest Practice, this gentle self-acceptance creates the foundation for authentic presence with participants.



## REFLECT

- What do you notice about your relationship with yourself when you practise self-patience?
- How does self-acceptance affect your capacity to be present with others and nature?
- What changes when you view your limitations as invitations to grow rather than obstacles?

## TIPS

### Notice your inner dialogue

Pay attention to thoughts that arise about yourself as a practitioner. Does your internal conversation focus on your resources and strengths, or they address aspects of what you're missing?

### Reframe limiting beliefs

When you notice thoughts of insufficiency, pause and gently reframe them:

For example: "I don't fully understand participants' disabilities" may become "This opens me to authentic curiosity. I can listen without the filter of my own experience."

"I don't know all the species in nature" becomes "Not knowing all plants invites sensory exploration. We can discover plants together through touch, smell, and presence."

### Practise emotional regulation

When feeling uncertain or on edge:

- Pause. Lean against a tree, feel your feet on the ground.
- Try breathing: deep breath in, hold, slow exhale. Repeat several times.
- Ask yourself: "What are the possible steps I can take right now?"

## EXPLORE

- What uncertainties arise when you think about leading a group in nature? Write them down.
- For each uncertainty, practise reframing: How might this limitation actually be a strength?
- Consider Kurt Lewin's insight: it's often easier to reduce what holds you back (fears, habits, self-doubt) than to push harder forward. What small obstacle could you gently release?
- You may wish to start a reflection journal to notice patterns in your self-talk over time.