Arabic

Building awareness (Ar)
Grounding Exercise 1 (Ar)
Grounding Exercise 2 (Ar)
Grounding Exercise 3 (Ar)
Notice and Name (Ar)
Unhooking from Unkind Thoughts (Ar)
Making Room (Ar)
Being Kind to Yourself (Ar)

Chinese

Building awareness (Ch)
Grounding Exercise 1 (Ch)
Grounding Exercise 2 (Ch)
Grounding Exercise 3 (Ch)
Notice and Name (Ch)
Unhooking from Unkind Thoughts (Ch)
Making Room (Ch)
Being Kind to Yourself (Ch)

Farsi

Building awareness (Farsi)
Grounding Exercise 1 (Farsi)
Grounding Exercise 2 (Farsi)
Grounding Exercise 3 (Farsi)
Notice and Name (Farsi)
Unhooking from Unkind Thoughts (Farsi)
Making Room (Farsi)

Being Kind to Yourself (Farsi)

French

Building awareness (Fr)

Grounding Exercise 1 (Fr)

Grounding Exercise 2 (Fr)

Grounding Exercise 3 (Fr)

Notice and Name (Fr)

Unhooking from Unkind Thoughts (Fr)

Making Room (Fr)

Being Kind to Yourself (Fr)

German

Building awareness (Ger)

Grounding Exercise 1 (Ger)

Grounding Exercise 2 (Ger)

Grounding Exercise 3 (Ger)

Notice and Name (Ger)

Unhooking from Unkind Thoughts (Ger)

Making Room (Ger)

Being Kind to Yourself (Ger)

Hungarian

Building awareness (Hun)

Grounding Exercise 1 (Hun)

Grounding Exercise 2 (Hun)
Grounding Exercise 3 (Hun)
Notice and Name (Hun)
Unhooking from Unkind Thoughts (Hun)
Making Room (Hun)
Being Kind to Yourself (Hun)

Italian

Building awareness (It)
Grounding Exercise 1 (It)
Grounding Exercise 2 (It)
Grounding Exercise 3 (It)
Notice and Name (It)
Unhooking from Unkind Thoughts (It)
Making Room (It)
Being Kind to Yourself (It)

Romanian

Building awareness (Rom)
Grounding Exercise 1 (Rom)
Grounding Exercise 2 (Rom)
Grounding Exercise 3 (Rom)
Notice and Name (Rom)
Unhooking from Unkind Thoughts (Rom)
Making Room (Rom)
Being Kind to Yourself (Rom)
Making Room (Tur)
Being Kind to Yourself (Tur)

Ukrainian
Building awareness (Ukr)
Grounding Exercise 1 (Ukr)
Grounding Exercise 2 (Ukr)
Grounding Exercise 3 (Ukr)
Notice and Name (Ukr)
Unhooking from Unkind Thoughts (Ukr)
Making Room (Ukr)
Being Kind to Yourself (Ukr)