Unhooking from Unkind Thoughts (TCh)

Making Room (TCh)

Being Kind to Yourself (TCh)

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)
Russian

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

Spanish

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

Turkish

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