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)

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)
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)
Українська

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)