

We need reality checks AND ideals but too often the real & ideal function in ways that become toxic to ourselves and others.

**UNHEALTHY  
REAL**

inside...  
feels negative  
embarrassment  
something's wrong w me  
shame  
don't let anyone see  
unfair comparisons  
hide real self even from  
self  
everything is terrible  
feels powerless  
no hope

**HEALTHY**

**REAL IDEAL**

true, honest (and so  
vulnerable)  
some guilt (not shame)  
not trapped by regret  
desire to improve  
can see a next step  
we can do hard things

Hope that is honest; and honesty that is hopeful.  
kneel and stand  
soft heart, strong back  
convictions over certainty  
forgiveness

a sense of real  
possibility, even  
excitement  
motivating  
"this is hard but I get to  
do it"

**UNHEALTHY  
IDEAL**

based on fantasy  
doesn't actually exist  
ignorance is bliss  
lalaland  
pretending  
birthplace of envy,  
greener pastures and "if  
only..."  
  
wishful thinking  
mistaken for hope

We have unhealthy, unhelpful thoughts that will come up. ("I can't do this...")  
How can you create DISTANCE between yourself and your FIRST THOUGHTS?

Ideas...breathe, listen, seek perspectives and reminders, talk or write about it, play, music, mindfulness, putz, clean,  
Remember who you are: beloved, worthy, connected. "You are precious in my site and I love you." Is 43: 4

So you can choose a second (3rd, 4th...70th) thought... ("I can't do this *alone*...")

*Jessi Berghi's story.*

*Her first mantra became an unhealthy ideal: "I'm gonna kick Covid's butt"*

*She held it at a distance enough to see it needed to be adjusted.*

*She chose a new mantra that was more helpful and possible:*

*"I won't let Covid kick my butt."*

**F a b r i c M p l s . c o m**