

Building Your Inner Ted Lasso:

A Therapeutic Journal Page for Emotional Regulation & Self-Compassion

My Nurturing Figure

Think of someone (real, fictional, or imagined) who embodies the qualities of emotional safety, warmth, and unconditional acceptance. This could be Ted Lasso himself, a loving family member, a trusted friend, or even a composite of caring qualities you've experienced.

Who is your nurturing figure?

What makes them feel safe to you?

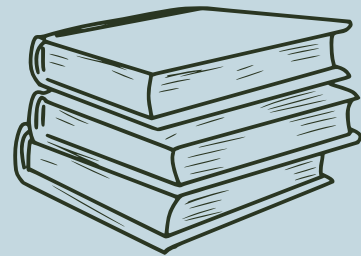
Their voice sounds like:

They would say to me?

When I'm with them, I feel:

Their presence feels like:

Notes



OFF THE
BEATEN PATH
PSYCHOLOGY & WELLNESS