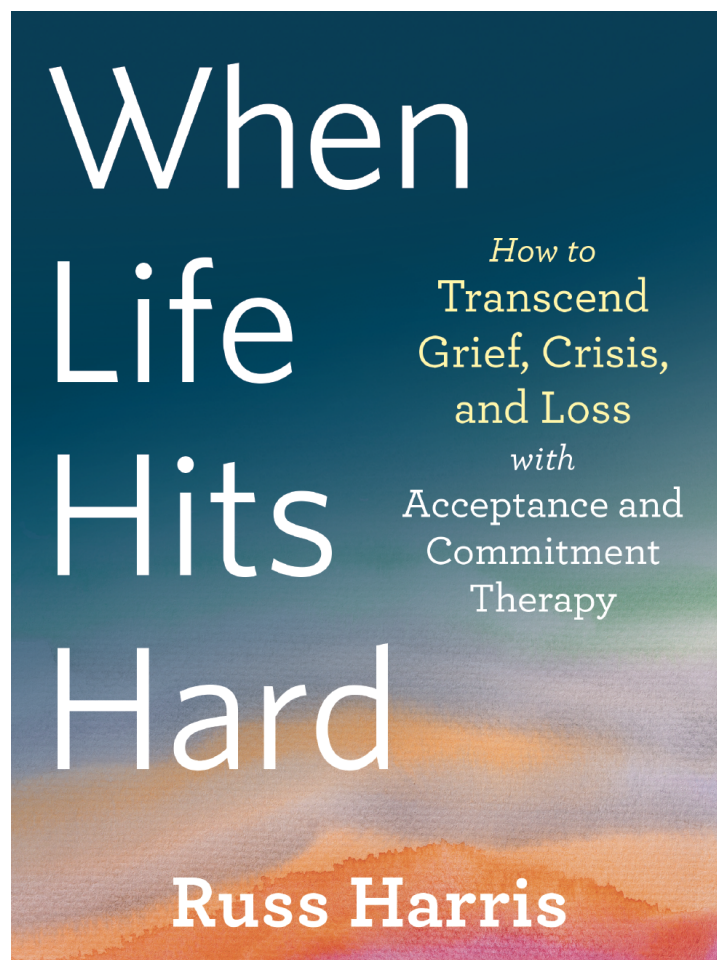


When Life Hits Hard: Extra Bits

Free resources for the book When Life Hits Hard
By Dr Russ Harris

When *Life Hits Hard* is the USA title for the second edition of Russ's book, *The Reality Slap*. (The second edition of *The Reality Slap* is so different from the first, with over 50% new material and a central focus on grief and loss, that in the USA they decided to release it as a new title.) You can [download the first chapter here](#).

Please freely share the resources in this document with anyone you think may benefit.



Chapter 5: When Storms Arise

- [Audio MP3 - dropping anchor: 40 seconds](#)
- [Audio MP3 - dropping anchor: 2 minutes](#)
- [Audio MP3 - dropping anchor: 7 minutes](#)
- [Audio MP3 - dropping anchor: 11 minutes](#)

Chapter 10: A Curious Look

- [An audio MP3 of the “making room for difficult feelings” exercise](#)

Chapter 11: A Kind Hand

- [Audio MP3: The “Kind Hand” self-compassion exercise](#)
- [Audio MP3: The “Kind Energy” exercise. Instead of laying a hand on your body, you imagine warm, kind energy flowing into you.](#)

Chapter 12: When Memories Hurt

- [An audio MP3 of the “support for the younger you” exercise](#)

Chapter 13: Making Life Meaningful

- [A values checklist](#)

Appendix B: Mindfulness Of The Breath

- [An audio MP3 of “mindfulness of the breath”.](#)

Appendix C: Goal Setting

- [A pdf of the goal setting worksheet](#)

Additional Free Resources:

- [“Handling Setbacks” - this MP3 audio exercise takes you through being self-compassionate when you screw up, fail or things go horribly wrong.](#)
- [A pdf eBook on “Dealing with Dilemmas and Difficult Decisions”](#)