

# Be Kind To Yourself Chords (Key of C)

by Andrew Peterson - Andrew Peterson and Gabe Scott

<https://worshipchords.com/be-kind-to-yourself-chords/>

## Intro

[ with delay] D  
C C2 C G F C C2 C G F

## Verse 1

You've got all that emotion, that's heaving like an ocean  
Bm G Gadd#4 G G6 G  
And you're drowning in a deep dark well  
F G  
I can hear it in your voice that if you only had a choice  
Bm G Gadd#4 G G6 G  
You would rather be anyone else  
F Gsus4 G  
I love you just the way that you are  
Am C F  
I love the way He made your precious heart

## Chorus 1

C F C C F C  
Be kind to yourself, be kind to yourself

## Verse 2

F G  
I know it's hard to hear it when that anger in your spirit  
Am C G/B  
Is pointed like an arrow at your chest  
F G  
When the voices in your mind are anything but kind  
Am C  
And you can't believe your Father knows best  
F G  
I love you just the way that you are  
Am C F  
I love the way He's shaping your heart

## Chorus 2

C F C F  
Be kind to yourself, be kind to yourself

## Bridge

Am F  
Well, how does it end when the war that you're in  
C G F  
Is just you against you against you?  
Am G  
You've gotta learn to love, learn to love  
F C  
Learn to love your enemies too

## Interlude

[vocal ]  
C F C F

### Verse 3

You can't <sup>F</sup> expect to be perfect, it's a <sup>G</sup> fight you gotta forfeit  
You <sup>Am</sup> belong to Me, whatever you do, <sup>G C C F</sup> so lay down your weapon  
Darling, <sup>G</sup> take a deep breath and <sup>Am</sup> believe that I <sup>C F</sup> love you

### Chorus 3

<sup>C</sup> Be kind to yourself, <sup>G F C</sup> be kind to yourself <sup>G F</sup>  
<sup>C</sup> Be kind to yourself <sup>G F</sup>

### Ending

<sup>C</sup> Gotta learn to love, <sup>G</sup> learn to love, <sup>F</sup> learn to love your enemies <sup>C G F</sup>  
<sup>C</sup> Gotta learn to love, <sup>G</sup> learn to love  
<sup>F</sup> Learn to love your enemies too <sup>C G F C</sup>