



Self-Compassionate Letter

In this exercise you will write a letter to yourself, practicing self-compassion. In writing this letter, you will incorporate the 3 components of self-compassion. This exercise extends support to yourself the same way you would to a close friend or loved one in need of encouragement.

Follow the 3 steps below to complete your letter and then read it aloud to yourself or re-read it as needed.



STEP 1: Balanced Attention

Acknowledge the feelings, emotions or thoughts, as well as what you (were or are) hoping for and needing. Write about both the stress/suffering and the core need underneath it: a desire for health, safety, love, appreciation, connection, achievement, etc.

Example: "Dear (your name), I know that you are feeling (sad/afraid/angry/disappointed in yourself, etc.). You were really (looking forward to.../trying your best to..., etc.)"



STEP 2: Common Humanity

Write a message of common humanity.

Example: "All humans make mistakes, sometimes fail, get angry, experience disappointment, know loss, etc."



STEP 3: Self-kindness

Mentor yourself with some compassionate support and encouragement in the direction of your intention. What would you say to a loved one in this situation? Someone you believed in and wanted the best for?

Example: "I know that you are feeling unsettled about the future and that after a long period of illness you are trying to re find you footing in the world. You are suffering about the need to feel secure and have a sense of belonging and confidence in your future. It's such a human need to feel connected and secure and all people can feel unsure about the future sometimes and lose self-confidence. You're not alone and it's OK to feel how you feel; try to be gentle with yourself."