

Self-compassion Letter

Write a letter to yourself from the standpoint of someone who knows you, cares about you, and wants the best for you. This person is unconditionally loving, accepting, kind and compassionate. He or she can see all your strengths and all your weaknesses. This person loves and accepts you exactly as you are, with all your very human imperfections. This person recognizes the limits of human nature, and is kind and forgiving towards you. In his/her great wisdom this friend understands your life history and the millions of things that have happened in your life to create you as you are in this moment. The particular struggle you face is connected to so many things beyond just you, things you didn't necessarily choose. Genes, the environment, your family history, how you were raised, events happening in your life – many things that were outside of your control.

Start with “Dear [your name]...”

What would this person say they value and appreciate about you?

How would they talk about your challenges, and what plan would they give you to take care of yourself in a more holistic way?