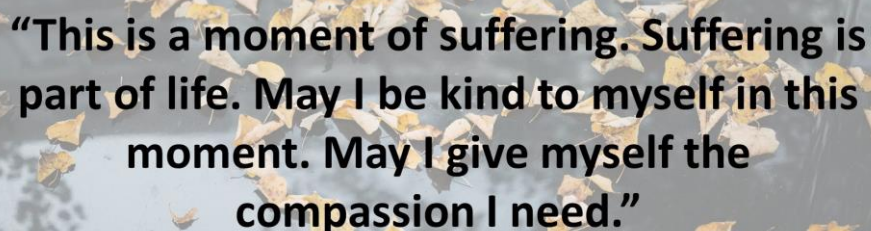## Self-compassionate letter

Start by identifying something about yourself that makes you feel ashamed, insecure or not good enough. It might be some aspect of your personality, behaviour, abilities, relationships, or another aspect of your life. Write it down.

_____
_____
_____

How does it make you feel? – sad, embarrassed, guilty, angry? Be as honest as possible. You can always destroy this letter after you are finished.

_____
_____
_____

On the next page, you are going to write a letter to yourself, expressing compassion, understanding, and acceptance for the part of yourself you dislike.

Given that this can feel unusual at first, especially for people who are quite self-critical, here are some tips for how to make the letter more self-compassionate.

1) Imagine that there is someone who loves and accepts you unconditionally for who you are. What would that person say to you about this part of yourself?
2) Remember that everyone has things about themselves they don't like and no-one is without flaws. There are probably many people in world struggling with what you are struggling with. What would you say to them? How would you treat them kindly?
3) Consider the ways that events in your life, the family environment in which you grew up, or even your genes may have contributed to this negative aspect of yourself.
4) Rather than focus on judging yourself, are there constructive ways that you could try to improve or better cope with this negative aspect of yourself? In a kind way, suggest changes you could make to feel happier, healthier or more fulfilled.
5) When you've finished the letter, put it aside for a little while. Maybe come back to it later and read it again. You might find it helpful to read this letter when you are feeling bad about this aspect of yourself, as a reminder to be more self-compassionate.

> "This is a moment of suffering. Suffering is part of life. May I be kind to myself in this moment. May I give myself the compassion I need."
> *Kristin Neff*

Dear   ,