Self-Compassionate Letter Writing Practice

A 15-20 Minute Exercise to Develop Self-Kindness



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This worksheet will guide you through writing a compassionate letter to yourself. Find a quiet space where you won't be interrupted for the next 15-20 minutes. Have a pen ready, or print this worksheet to write directly on it.

Step 1: Centre Yourself (1-2 minutes)

Take a few deep breaths. Place one hand on your heart if that feels comfortable. Notice how you're feeling right now without judgment.

Step 2: Identify a Struggle (2-3 minutes)

nink of something you've been criticizing yourself for or a situation that has been causing ou pain. Briefly describe it below:	3
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Step 3: Connect with Your Compassionate Self (2 minutes)

Imagine looking at yourself and this situation from the perspective of a wise, compassionate
friend who accepts you completely, recognizes your humanity, and wants the best for you.
What qualities would this compassionate perspective have?

Step 4: Write Your Letter (10-12 minutes)

Now, write a letter to yourself from this compassionate perspective. Consider including:

- Acknowledgment of your pain or struggle without judgment
- Recognition that imperfection and difficulty are part of shared human experience
- Words of understanding and comfort you truly need to hear
 Suggestions for moving forward with kindness toward yourself

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Step 5: Receive the Letter (2-3 minutes)

Read your letter back to yourself, slowly. As you read, allow yourself to absorb the words of kindness and compassion. Notice any feelings or sensations that arise.				
Reflection				
How do you feel after writing and reading this letter? What insights did you gain?				

Practice Extension

Consider keeping this letter somewhere accessible and re-reading it when you need compassion. You might also develop a practice of writing a new self-compassionate letter weekly or monthly as a way to nurture your relationship with yourself.

Remember: Self-compassion is a skill that develops with practice. Be patient with yourself as you cultivate this new way of relating to yourself.