

# Self-Compassionate Letter Writing Practice

## A 15-20 Minute Exercise to Develop Self-Kindness



### Introduction

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)

Think of something you've been criticizing yourself for or a situation that has been causing you pain. Briefly describe it below:

---

---

---

---

### 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 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.*