

Remembering Love

A Letter to the Part of Me That Feels Ashamed of Desire

(A Guided Self-Compassion Practice)

This exercise invites you to write from your **wise, compassionate self** to the part of you that feels ashamed of sexual desire. There are no right or wrong answers — write from the heart, not the head. Take your time, breathe, and notice what arises in your body as you write.

1. Meeting the Shameful Part

Take a moment to notice this part of you. What does it look or sound like? How old does it feel? When does it tend to show up?

“Dear part of me that feels ashamed of wanting or desiring...”

I see you. You’ve been with me for a long time. You often show up when...

You believe that...

You make me feel...

2. Understanding and Compassion

Speak to this part with kindness, as if you were talking to a younger version of yourself who learned to be afraid of desire.

I understand that you learned these messages about sex and desire from...

You were trying to protect me from...

It makes sense that you believed that wanting was wrong or dangerous because...

I know it’s been painful carrying this alone.

3. Reassurance and Forgiveness

Now speak from your adult, compassionate self — the part of you that can hold both safety and desire.

I want you to know that I don’t see you as bad or broken.

Desire is not dangerous; it’s part of being human.

You don't have to hide anymore. I can hold you with gentleness and truth.

I forgive you for believing that pleasure was shameful.

You were only trying to keep me safe.

4. Creating a New Relationship with Desire

What would it mean to have a relationship with your sexuality that's grounded in integrity, compassion, and freedom rather than shame?

From now on, I want to see desire as...

I want to approach intimacy with...

When shame arises, I will remind myself that...

I choose to live in alignment with the value of...

5. Closing Reflection

Take a moment to reflect on what you discovered while writing. You might even place a hand on your chest and breathe softly as you read your words back to yourself.

As I finish this letter, I notice...

The message I want this part of me to remember is...

Signed,

Your Compassionate Self

Optional Mindful Reflection (after writing)

Where in my body do I feel lighter or more open?

What truth feels newly available to me?

What would it look like to practice this compassion in my relationship?