

# Building Blocks of a Self-Compassionate Letter



Validate your own suffering

*Example: It's completely understandable that I feel this way right now.*

*Example: I know it may not feel this way right now, but this won't last forever.*

Remember that any one moment of suffering is temporary and will pass.

Express a desire to support yourself

*Example: Instead of beating myself up about this, I want to offer myself understanding, warmth, and compassion.*

*Example: I am not alone in my struggling and there is nothing wrong or abnormal about feeling this way right now.*

Acknowledge that pain and suffering is part of the human condition