

Self-Compassionate Letter Writing Example

Dear me/self/[NAME],

I wanted to write a note to let you know that you are on my mind and in my heart right now. What you are going through is very difficult and I wish there was a way to help lighten this pain. I want you to know that I am by your side and will accompany you through this journey. I hope you will remember to be gentle and loving with yourself as you go through this. It's okay and important to take time for yourself, to slow down and check in with yourself regularly to ask what you need and want from me and others. You are very strong and brave. I admire your perseverance – please know that both your strength and your vulnerability are welcome here – and remember that I am always here for you, every step of the way.

With love and care,

Me/self/[NAME]