

Self-Compassionate Letter

Closing your eyes and turning your attention toward yourself, think of something in your life that you have been feeling ashamed or self-critical of. When you are ready, gently open your eyes and begin to write a free-flowing self-compassionate letter to yourself in response to the shame or self-criticism you are experiencing. Self-compassion does not mean being overly positive or optimistic. It means creating space for what is in a non-judgmental way and offering support around that. When you are finished, try reading the letter out loud to yourself in a warm and caring tone of voice. Notice how you feel...what emotions do you feel? Where do you notice sensations in your body?
