**Self-Compassion Letter**

* + - 1. **Identify a flaw in yourself that triggers self-criticism**. Write about a flaw you tend to beat yourself up for, something in yourself that makes you feel inadequate or bad about yourself (e.g., physical appearance, work or relationship issues, never feeling good enough, feeling like you should do more). How does it make you feel inside - scared, sad, depressed, insecure, or angry? Be as emotionally honest as possible. Feel your emotions exactly as they are – no more, no less – and then write about them.

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* + - 1. **Write a letter to yourself from the perspective of an ideally compassionate friend.**
  + First, think about an imaginary friend who is unconditionally loving, accepting, kind and compassionate. This friend can see all your strengths and all your weaknesses and loves and accepts you exactly as you are, with all your human imperfections.
  + Second, write a letter to yourself from the perspective of this compassionate friend – focusing on the perceived inadequacy you tend to judge yourself for. What would this friend say to you about your “flaw” from the perspective of unlimited compassion? How would this friend convey the deep compassion he/she feels for you, especially for the pain you feel when you judge yourself so harshly? What would this friend write in order to remind you that you are only human, that all people have both strengths and weaknesses? And how do you think this friend would suggest possible changes you should make from an unconditional and compassionate perspective? As you write, try to infuse your letter with a strong sense of his/her acceptance, kindness, and caring.
  + After writing the letter, put it down for a little while. Then come back and read it again, really letting the words sink in.

**~ Letter from a Compassionate Friend ~**

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