

Self-Compassion Letter Exercise

Write a letter to yourself, in the third person, from the perspective of your “best self.” Write to yourself, as you would to a good friend or loved one who is experiencing a time of difficulty. Start the letter “Dear *your name*.” Write the letter in three parts.

- 1) Bring mindful awareness to your life and explore and area of difficulty or suffering. Breathe into this and explore the layers of the situation, and gain insight. In the first part of the letter display understanding of the situation by simply describing the situation as it is and how it is difficult.
- 2) Reframe the situation from the perspective of “common humanity.” Acknowledge the suffering but reframe it as a human problem.
- 3) Offer yourself mentorship, kindness and guidance.
- 4) *Read aloud to yourself!* This, I think, is very important. It can also be very interesting to mail it to yourself and open it and read it.