



I am kind to myself and others exercise 2

A COMPASSIONATE LETTER TO YOURSELF

On the next page you will be writing a compassionate letter to yourself from the point of view of an imaginary friend who loves you, no matter what. (If you find the template to restrictive, write the letter on a blank sheet of paper).

Each section starts with one of the things you don't like about yourself (physical appears, bad habits, things you regret, etc.)

After each issue, write how you feel about it (ashamed, guilty, angry etc.)

The most important part is the “however” section. This is where you take on the persona of the imaginary friend that always supports you no matter what you do or say, the person who always forgives you and loves you unconditionally.

When you have finished your letter, put it away for a few hours or day. Then pull it out and read it again. Allow the words and their meaning to sink in. Allow yourself to believe the compassionate, loving words and that you are deserving of this kind of all-accepting compassion.



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Dear (your name) _____

I know that when (your first issue) _____

happens, you feel (emotions) _____

However, _____

And I know that when (your second issue) _____

happens, you feel (emotions) _____

However, _____



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And I know that when (your third issue) _____

happens, you feel (emotions) _____

However, _____

With love forever,

(Your name) _____

