



LETTER TO YOURSELF

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MATERIALS:

- Paper and pen

INSTRUCTIONS:

1. Ask participants to reflect on things they criticize themselves about (appearance, career, relationships, health, etc.). Have them write, in detail, how this perceived inadequacy makes them feel.
2. Have them think of someone who is unconditionally loving and supportive—someone who accepts and forgives, welcoming others as they are.
3. Now have participants write a letter to themselves from the perspective of this person. Remind them not to worry about structure or phrasing—just let the words flow.
4. Next, have them leave the letter for 15 minutes. After the time has passed, have them review the letter and let the words sink in and remind them to review the letter whenever they're feeling down about this aspect of themselves.

DISCUSSION:

Invite participants to comment on the benefits of self-compassion. Ask participants about their perspective on the difference that sometimes occurs between how we treat ourselves and how we treat others. Why is that? Open up discussion about the stigma around self-compassion versus self-indulgence. Ask the audience why the perception that “self-compassion is self-indulgent” exists? How might they address this with their own inner voice or others?

Source: Positive Psychology Exercises: Self Compassion Letter & Your Daily Holiday. [Video file]. Retrieved from <https://www.youtube.com/watch?v=Lfth1bJKMmA>