

Self-Compassion Worksheet

The way we treat ourselves (i.e. the language we use to describe ourselves, our beliefs about ourselves, our actions, and behaviours) has a huge impact on how we feel and how we engage in our world. By cultivating a loving relationship with ourselves we can gain more clarity, focus, and happiness. The following exercise adopted from Dr. Krsitin Neff and Dr. Christopher Germer’s work from [The Mindful Self-Compassion Workbook](#).

Letter From the Compassionate Self

Think about a friend who is unconditionally loving, accepting, kind and compassionate. Imagine that this friend can see all your strengths and weaknesses. Reflect upon what this friend feels towards you, and how you are loved and accepted exactly as you are.

Thinking of an issue you are struggling with, write a letter to yourself from the perspective of this friend. How would this friend convey the deep compassion they feel for you, especially for the pain you may be feeling?

Additional Resources Regarding Self-Compassion:

[Self-Compassion.org](#)

[Psychology Today](#)