

# SELF-COMPASSIONATE LETTER WRITING

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**When you're feeling less than, or not enough in any aspect of your life, write a self-compassionate letter. It can help you cultivate a more compassionate, encouraging inner voice.**

1. Identify what's making you feel insecure, or not enough.

2. Write down how that makes you feel. Be honest — no one else will read this.

3. Now write a letter to yourself from the perspective of someone who loves you — someone wise, kind and forgiving. What would they say about the part of yourself that you dislike? If you can't think of anyone like this, invent someone.

4. This person might compassionately remind you that everyone struggles with aspects of themselves. They might also remind you that events and experiences you didn't choose, or have any control over, may have shaped this part of you. Write down anything else that this person might say to you.

5. Next, think about what words of motivation or encouragement this person might offer. Remember they're speaking with unlimited compassion and love. What would they say? What suggestions for helpful changes might they make?

6. When you're finished, put the letter aside.

Return to it whenever you need self-compassion. Remember that love, connection and acceptance are your birthright. You can write a new letter each week from the perspective of the same (or different) person.



Adapted from and lovingly attributed to Kristin Neff PhD  
and the Center for Mindful Self-Compassion.

Find Catherine Kell on IG [@selfcompassioncommunity](#) and me [@mandylehto](#)