

# humantold

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## Letter of Self Compassion

*People need encouragement like plants need water.” - Rudolf Dreikurs*

*Compassion is the act of treating others with care and concern, even when a mistake is made. Very often people will show others compassion, but will be their own worst critics. This activity is to write a letter of self-compassion, where you show yourself care and concern for mistakes, failure, or shortcomings you have made. **The point of these is to save them for a day when you need some extra encouragement or compassion.***

- *Structure it how you would like, but be detailed and specific about your thoughts, images, or stories come up when you think about an obstacle you are experiencing.*
- *If it helps, imagine a kind, caring, and wise friend that you have known for years writing you a letter.*
- *Everyone talks to themselves differently, this sample letter is an example, but feel free to write yours in the way you want.*

### **Questions to consider and reflect on:**

- Am I being understanding of myself instead of harshly critical and judgemental?
- Am I alone and isolated or am I connected to others who understand some of my experiences?
- Am I accepting of the mistakes I have made without exaggerating them or ignoring them?
- What questions does this activity bring up for you?

**Save this letter for a day when you feel you need some encouragement.**