

MINDFUL SELF-COMPASSION (MSC) PRACTICE

# SELF-COMPASSION LETTERS

This practice can also be used daily, whenever you feel like you messed up, or when you notice that you are being critical toward yourself.

Mindful Self-Compassion practices, such as this, are scientifically proven to significantly decrease depression, anxiety and stress, while boosting happiness and even helps maintain healthy lifestyle habits such as diet and exercise. These improvements were linked to how much a person practiced mindfulness and self-compassion in their daily lives



***"I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival."***

Audre Lord



**Your task is not to  
seek for love, but  
merely to seek and  
find all the barriers  
within yourself that  
you have built  
against it.**

-

Rumi

## FOUR LETTERS FOR THE SAME FOCUS

### IDENTIFY THE FOCUS OF YOUR SELF-COMPASSION LETTERS

What is a perceived inadequacy or insecurity you're having? What is it that you feel shame, insecure or not good about? Or have you made a mistake you're feeling bad about? A failure? Free-write whatever is coming up for you right now

If you listed more than one focus, prioritize what you are going to focus on today. Why is this a priority to focus on?

What is it that makes this so unacceptable to you? Free write ideas, unedited, as they show up

## FOUR LETTERS FOR THE SAME FOCUS

### LETTER ONE

#### WRITE A LETTER TO YOURSELF FROM THE PERSPECTIVE OF A WISE, NURTURING FRIEND

Think about an imaginary friend who is wise, loving, compassionate, and they see your strengths, weaknesses and what you don't like about yourself. This wise friend is also kind, accepting, and forgiving.

Use the following questions to guide your letter:

What would this friend say to you from perspective of compassion?

Would this wise friend suggest changes for you to consider?

What suggestions would feel caring, encouraging and supportive?

## FOUR LETTERS FOR THE SAME FOCUS

### LETTER TWO

#### WRITE A PRETEND LETTER TO A FRIEND WHO STRUGGLES WITH THE SAME CONCERN

Using the same focus as your first letter, write this letter as if you are writing to a friend. What words of compassion and support would you offer? Use your life experience and knowledge to empathize and provide suggestions, kindness and words of encouragement.

What friend are you visualizing and why? This may be a real friend or it could be useful to envision an ideal best friend.

You may either free-write so it comes straight from your heart in an authentic way, or you can structure it and refine it.

## FOUR LETTERS FOR THE SAME FOCUS

### LETTER THREE

#### LETTER FROM THE WISE, COMPASSIONATE, PROTECTIVE PART OF YOU

Using the same focus as your first and second letters, you'll be writing these next two letters from your Compassionate-Self, one from your "Protective Self" and the other from your "Nurturing Self". In order to tap into your Compassionate-Self, allow yourself to feel the following 8 C's: CALM, CURIOUS, COURAGEOUS, COMPASSION, CONFIDENCE, CREATIVE, CLEAR AND CONNECTED.

Visualize someone you know, or a character in a movie or book, that is protective and compassionate. Someone you could trust to keep you safe while giving confident, safe, protective, clear advice.

You may either free-write so it comes straight from your heart in an authentic way, or you can structure it and refine it.

## FOUR LETTERS FOR THE SAME FOCUS

### LETTER FOUR

#### LETTER FROM THE WISE, COMPASSIONATE, NURTURING PART OF YOU

Using the same focus as your first three letters, you'll be writing this letter your Compassionate, "Nurturing Self". In order to tap into your Compassionate-Self, allow yourself to feel the following 8 C's: CALM, CURIOUS, COURAGEOUS, COMPASSION, CONFIDENCE, CREATIVE, CLEAR AND CONNECTED.

Visualize someone you know, or a character in a movie or book, that is nurturing. Someone you could trust and be completely honest and vulnerable with, and they would empathize and hold you with kindness.

You may either free-write so it comes straight from your heart in an authentic way, or you can structure it and refine it.

The background features a light beige, textured fabric draped across the frame. In the upper left corner, a portion of a wicker bowl filled with a golden-brown liquid, likely tea, is visible. The quote is centered on a semi-transparent white rectangular area.

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**We can't just  
choose to be  
happy, but we can  
choose to be kind  
to ourself when  
we're sad. Pain  
passes more  
quickly when we  
don't berate  
ourselves for  
feeling.**

-

Lori Deschene



#### MEDICAL DISCLAIMER

Content provided and presented in this document or otherwise is not a substitute for professional medical advice, diagnosis or treatment. Content is intended for educational purposes only. It should not be used as a substitute for medical or psychiatric advice, cannot diagnosis or treat any medical or psychiatric condition and does not replace care from your physician. Always consult a healthcare professional if you suspect you require medical or psychiatric treatment.

If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line [www.crisistextline.org](http://www.crisistextline.org)

Suicide Prevention [988lifeline.org](http://988lifeline.org)

National Domestic Hotline [www.thehotline.org](http://www.thehotline.org)