

# LETTER TO MYSELF

DATE: \_\_\_\_\_

## HOW IT WORKS

A self-compassion letter helps you approach yourself with kindness and understanding, especially when you're struggling. In this letter, give yourself the support you would give a dear friend.

1. Think of a challenge you're facing. Write about what is going on and how that makes you feel.
2. Step into the perspective of a dear friend. What would they say to acknowledge your pain? What would they advise you to do to cope?
3. What do you need in this moment?

Below, you can start with giving a short answer to the questions. After, write a letter to yourself. Re-read your letter after a couple of days. Notice the tone of your voice and how the kind words make you feel.



*Can't get going?  
Pretend you're talking  
to your younger self.*

### WHAT WOULD A DEAR FRIEND SAY?

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### WHAT CHALLENGE AM I FACING RIGHT NOW?

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### WHAT WOULD THEY ADVISE ME?

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### WHAT DO I NEED RIGHT NOW?

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## IF NEEDED, USE THIS TEMPLATE TO GET GOING

Dear

I want you to say that...

Don't forget that...

You deserve it to...

What I wish for you is...

MY LETTER TO MYSELF

# REFLECT ON YOUR LETTER

**HOW DID IT FEEL TO TALK TO MYSELF THIS WAY?**

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*Read the letter out loud to yourself, as if you were reading it to a dear friend. Notice the tone of your voice and how it affects you.*

**WHAT WILL I TAKE WITH ME  
FROM THIS LETTER?**

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**WHAT TOUCHES ME MOST IN  
MY LETTER?**

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