

Letter to Yourself Self-Compassion Worksheet

Your full name:

Date:

Instructions: For this worksheet, you simply need to write a letter to yourself where you pretty much tell yourself to be kinder to yourself, to have more reasonable expectations for yourself, and to love yourself more. This is easier said than done because if we hand you this worksheet, that means you have shown us that you are very harsh on yourself and you have little to no sense of self-worth. Help us help you remind yourself that you are great and worth it.

To help you write, here are some guide questions/prompts to help frame things for you:

- The first thing you need to do is to reflect on why you think negatively about yourself. What was your upbringing like? What would you consider to be significant experiences that contributed to this negative view of yourself? Be as descriptive as possible.
- Now, as you write, remember that everyone has flaws and things about themselves that they detest, so you are not alone. You will be fine.
- After identifying the things that have caused/contributed to how you view yourself, it's time for you to think about the most important people in your life, dead or alive. What do you think they would say to you if they see you sitting there feeling sorry for yourself? What do they normally do to uplift you? Be as descriptive as you possibly can be.
- What do you like about yourself? What are your goals? And given what you like about yourself and what your goals are, what do you think you need to be able to work through your negative view of yourself? When you jot down what you think you need, don't say that you don't deserve it. Try to be kind to yourself and write as if you do deserve the good things in life. Again, be as descriptive as you possibly can.
- After writing this Letter to Yourself, keep it around. In the event something makes you feel bad and you start thinking about yourself in a negative light, read this Letter to Yourself again to remind yourself about being kind to yourself and that you are great.

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Love,
Yourself