

# Self-Love Letter ACT Worksheet

## Client Information:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Instructions:

Fill out the following sections honestly and thoughtfully. Emphasize the importance of self-compassion and the power of self-love in your healing process. Then compose a letter about your self-love in the last part of the worksheet.

## Section 1: Acknowledging Feelings

1. Describe a recent challenging situation or emotion you've experienced:

2. How did this situation or emotion make you feel about yourself?

## Section 2: Self-Compassion Statements

1. Write a kind and understanding statement to yourself regarding the situation or emotion:

2. Reflect on the statement and consider its impact on your self-perception:

## Section 3: Affirmations

1. List three positive affirmations about yourself that promote self-love and self-acceptance:

1.

2.

3.

## Section 4: Action Plan

1. Identify one action or self-care practice you commit to as an act of self-love:

2. Specify a timeline or frequency for this action:

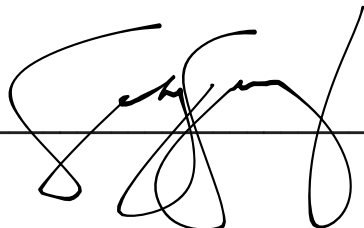
## Section 5: Reflection

1. Reflect on the entire process and how it made you feel about yourself:

## Section 6: Self-Love Letter

Compose a love letter about your self-love journey.

Signature \_\_\_\_\_

A stylized, cursive handwritten signature in black ink, written over a horizontal line.