

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 _____