

# Self-Love Letter ACT Worksheet

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:

### 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:

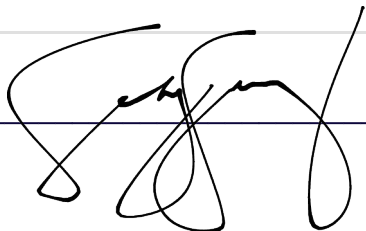
### Section 5: Reflection

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, handwritten signature in black ink, featuring large loops and a cursive style, positioned over a horizontal line.