

Name: _____

Date: _____

DEAR FUTURE ME

THIS IS SELF-COMPASSION

Self-compassion is simply compassion turned inward. When you see another person suffer, you naturally want to alleviate their pain and comfort or care for them. But when it comes to your own suffering, it somehow seems reasonable to be harsh, cruel, and unkind. You've probably told yourself, "I'm such a loser" or "I'm a failure", in response to a challenging situation. But would you ever say that to a friend?

Self-compassion has three critical components:

- 1 Self-Kindness**
Being warm and understanding towards yourself when you suffer, fail, or feel inadequate. Self-kindness involves acknowledging that you're doing the best you can (instead of punishing yourself for not being good enough).
- 2 Common Humanity**
Recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than something that happens to "me" alone.
- 3 Mindfulness**
Taking a balanced approach to your negative emotions so that feelings are neither suppressed nor exaggerated. To embrace yourself with compassion, you have to be willing to turn towards the painful thoughts and feelings.

Your Task...

Is to write a letter to your future self. Imagine that you are in the midst of a challenging experience (ex. making a mistake, not meeting your expectations, fighting with a friend, etc.) and you can feel yourself slipping into a pattern of self-criticism. Use this letter to remind your future self of the following things:

- The three components of self-compassion and each component's function
- Why you need to practice self-compassion in this challenging moment
- Specific phrases you can tell yourself or things you can do to practice self-compassion

Brainstorm Ideas

