

# Self-Compassion

## Letter to a friend



### 1 Mindfulness

Acknowledge how your friend feels: "I understand you are upset."

### 2 Common-humanity

Remind your friend they are not alone: "I have also struggled with this."

### 3 Self-kindness

Remind your friend of his/her strengths: "You are smart."



Imagine you are writing a letter to a friend who might be struggling with an assignment at school or who doesn't seem to have many people to talk to at school. Compassion says, "What can I do to help?" What would you say to encourage your friend?

Now read the letter as if it was written to YOU. Was it encouraging?

Lastly, write a promise to yourself next time you are upset or you make a mistake