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Letter of Self-compassion

Gift yourself some quiet time to write a mindful letter to yourself following the instructions below. No one else will read this letter - it's for your eyes only. Seal the letter in the envelope and write your address on the front. Open it when you feel ready.

The intention

To shift your mindset from self-criticism to self-compassion and kindness. This process helps to tame the inner critic and supports you to meet challenging experiences honestly and back yourself.

The topic

Reflect on one dimension of your life or an experience that has been difficult or feels unresolved. Perhaps a setback or a disappointment. We suggest that you don't pick something that is too distressing for you.

The technique

Please write this letter to yourself in the second person. For example:

> *Dear <insert your name>,*
>
> *I can see that you're feeling really <insert feelings> right now about < insert the situation briefly>….*

Follow this three-part structure to craft your letter:

1. **What is going on for me**

Describe as honestly as you can all your feelings, emotions and reactions linked to the situation. There is no need to go into detail about the situation itself, focus more on identifying and acknowledging your inner experience and responses.

2. **Connect with common humanity**

Now connect your experience to other people who have shared similar experiences. Realise that you are not alone and that many people around the world will be having similar feels/ worries/ experiences. Your experience is valid and it does not mean that you are flawed, rather it means that you are human.

3. **Mentoring yourself**

Now offer yourself some advice, wisdom and insights. It is helpful to imagine that you are an older version of yourself (say 5/10 years older) reflecting back on this moment. Tell yourself what you need to hear.

If you would like to learn more about self-compassion and this specific technique, subscribe to Leadium and you can listen to the Leadium Podcast with Stanford University's Dr Kelly McGonigal exploring the Neuroscience of Change. We have based this process on insights from that compelling conversation.

We hope you find this practice valuable.

Warmly,
Sharon and the team at Leadium.com.au

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