

The logo features a light blue circle with a trail of orange dots to its right, and a smaller orange circle below it. A horizontal bar with a blue-to-orange gradient is positioned below the circles.

# Self-Compassion Exercise

## Self-Compassion Exercise

The goal of this exercise: To help you **refocus your thoughts and feelings on being accepting, supportive, and caring for yourself.**

Think about distressing events or situations.

Describe an event or situation that occurred *today* and one in the recent past which was distressing or left you feeling upset

Now, write a one paragraph letter to yourself about these distressing events or situations. You should write this letter to yourself from a caring perspective, providing compassion to yourself in regards to your emotional distress.

To start writing your own letter, try to feel that part of you that can be kind and understanding of others. Think about what you would say to a friend in your position or what a friend would say to you in this situation. Try to have understanding for your distress (e.g. I am sad you feel distressed...) and realize your distress makes sense. Try and be good to yourself. Write whatever comes to you, but make sure this letter provides you with what you think you need to hear in order to feel nurtured and soothed with respect to your stressful situation or event.