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|  | Self-Compassion Letter |  |
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| Flower image. Side Image.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. We would like you to 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 about your stressful situation or event. There is no ‘right’ or ‘wrong’ way of doing it. |  | Dear Self, |
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