

- EXERCISE -

LETTER OF COMPASSION

TO YOURSELF



SELF-COMPASSION

Exercise: Letter of Compassion to Yourself

To introduce this exercise, let's first talk about self-criticism...

What is self-criticism?

It is a harsh or punitive evaluation of the self. It is omnipresent in the lives of the majority of people, but it is even **more true for highly sensitive people**.

The phrase (or something like it), *"There must be something wrong with me,"* has been a refrain in their heads since childhood.

Of course, self-criticism can allow us to question ourselves, it opens up new perspectives and can guide us. However, it can also become excessive, rigid and prove **particularly toxic**.

Highly Sensitive People (HSP) often have a multitude of things to complain about themselves that they don't like, because they **grew up with the impression that they had a problem**.

They have been told so many times that they are difficult, too much this, too much that, that they can only see themselves with flaws.

That being said, all of these negative perceptions cause Highly Sensitive People to have **low self-esteem**, and they often **feel ashamed** of themselves, or at least feel **inadequate** in the world around them.

They often **lack self-confidence**, and see themselves as deficient and not "good enough", in general.

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To do the “**Letter of Compassion**” exercise, think of one of these self-criticisms. Choose a behavior that you try to hide because it’s a part of yourself that you don’t like.

Now, imagine being in the presence of a person or spiritual figure **full of compassion, wisdom, love, tolerance and understanding**. This person has the particularity of seeing you with all your qualities but also all your flaws, without judging them.

They also know what parts you don't like about yourself. But this friend or spiritual figure recognizes your imperfect human nature and does not criticize it.

They also know that you make mistakes like everyone else, but they don't see them as such, because they know everything about you, and know that you are trying your best.

Now imagine receiving a letter from that person who knows what your battles are, especially those with yourself. The subject of this letter would specifically address the flaws that you perceive, those for which you judge yourself.

- What would this friend write to you about your own judgment?
- What wisdom and advice would they share with you?
- What might they suggest about your perceived flaws?
- What would they say to encourage and support you?

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After writing this letter, as coming from this understanding and caring person, set it aside for a while. Then come back to it later and reread it slowly, **letting the words sink in**. You can even read it out loud if that suits you, and if you think it will have an even greater impact on you.

How do you feel after receiving these words of unconditional love and compassion?

Go get out there and **practice self-compassion!**

It's your turn now to **be your own best friend**.

You have 2 minutes to **choose an act of kindness to take towards yourself**.

Give yourself a gift, do something that makes you happy. For once, say "yes!" to yourself, telling yourself that you deserve it.

Do it today!

LET'S GET IN TOUCH

If you ever need guidance along your self-compassion journey, I'd be honored to support you.

As a **transpersonal and integrative coach for HSP and empaths**, a **somatic practitioner**, and a **meditation teacher**, I offer a grounded, compassionate space to help you reconnect with yourself - gently, deeply, and truthfully.

Feel free to reach out: [contact here](#)

I'd love to hear from you.

Warmly,
Valerie

