

HANDOUT 12.5: COMPASSIONATE FUTURE SELF LETTER

5 years have passed since the Compassionate Focused Therapy and now...

Describe in as much detail as you wish what you imagine your life to be like five years from now after this training is over...and after you have developed the three streams of compassion to the extent that you have felt them to be right and useful for you...

You can be as detailed as you wish...you may describe the room you live in, how your days are... how you eat... how you relate to others and to yourself... how you relate to your life...