

## HANDOUT 7.6: WRITING A LETTER TO MY SELF-CRITIC

Try writing a letter to your Self Critic from your Compassionate Self.

If you want, you can refer to a specific event in which your Self Critic was activated.

Remember that what is important is the cultivation of the intention to be helpful, to speak to the suffering and pain of the Self Critic. There is no right or wrong way to write this letter.

Before writing, close your eyes and give yourself time to activate your compassionate self, starting with your breathing, posture, facial expression and connecting with the wise and courageous intention to be helpful.

From this position, recall the image of self-criticism in front of you.

When you feel ready, you can begin writing a letter to your self-critic using these prompts, if you like:

*Dear Critical [your name]....*

*I just saw you and I start realizing the fear that you stem from is what drives your behavior...*

*Now I see that what you are afraid of is...*

*It is understandable that you have been feeling this way. In fact, you came at a time in ..... 's life when they felt ..... And you acted this way with ..... because you wanted that.....(or you wanted to prevent that).*

*I would like you to know that now I see more clearly what your intention was...*

*However now..... (describe the consequences of self-criticism that the person is facing... in what are they blocked... what are they forced to do or not do because of self-criticism)*

*And what I wish for.... is ....*

*I would like you to know that you are safe with me, that now I wish for you to....*

*Final message/wish*

*Signature*