

HANDOUT 9.2: COMPASSIONATE LETTER

This practice will help you refocus your thoughts and feelings on being supportive, helpful and caring for yourself.

To start your letter, try to attune to your Compassionate Self – that part of you that has the deep desire to be helpful, not harmful, to be supportive and caring. Think about that part of you as the type of self you would like to be – think about the qualities you would like your compassionate self to have; it doesn't matter if you don't really feel this way yet, what really matters here is that we are setting an intention, a heartfelt desire and commitment.

If it helps, you can get inspiration from the four points described below.

Dear.....



COMPASSIONATE LETTER WRITING



SENSITIVITY, SYMPATHY AND EMPATHY FOR THE PAIN AND SUFFERING

"I can understand that you are feeling sad right now... I can see that you're very tired, and would probably just need someone to offer comfort... I feel how confused you are and maybe you feel alone in this confusion, and I imagine that you would maybe like to have some form of guidance, someone that understands you..."

VALIDATION

"It makes total sense that you are feeling this way... you're going through a lot right now... I understand why you are having this kind of thoughts... throughout your life you have often experienced this... you have often had to make it on your own..."

CONNECTING TO THE REALITIES OF LIFE

- *"It is not your fault if we all have this tricky brain"
"It is not your fault if..."
"all human beings have experienced some form of what you are going through right now..."*

COMPASSIONATE WISHES

"I just want to let you know that I am here for you; you can count on me whatever happens from here on; I just wish for you to feel better and that you may find a sense of solace from this... if you need support, I am here to help..."