

Compassionate Thinking

A love letter, from you to you.

Orri

To begin

Choose an aspect of yourself or your life
that you dislike or criticise.

This can be something that makes you feel ashamed, unworthy,
inadequate, or self-conscious.

*Write below how this perceived inadequacy makes you feel. What thoughts, images,
emotions, or stories arise when you think about it?*

Compassion & Courage:

"The courage to be compassionate lies in the
willingness to see into the nature and causes of
suffering - be that in ourselves, in others and the human
condition."

The Compassionate Mind Foundation

Your recovery made possible.

Orri

Breathe. Now, reframe.

Imagine someone who is unconditionally loving, accepting,
and supportive.

Gently and lovingly, this friend sees your strengths and opportunities for growth,
including the negative aspects of you.

*Use this space to write a letter to yourself from the perspective of this kind
friend.*

Consider:

- What does this friend say to you?
- How is compassion demonstrated?
- How does this friend encourage and support you in taking steps to change?

Your recovery made possible.

Orri

It's your time to write, as you.

Putting the friend mindset aside, write from your own heart.

Let the words flow. do not think too hard about structure. Lean into deep kindness, understanding, and non-judgmental acceptance.

You are waiting to be loved by you. Give yourself the chance to do so.

Your recovery made possible.

Orri