

LETTER TO YOUNGER SELF

Objective: Self-compassion can be a difficult emotion to cultivate. Sometimes it is easier for people to begin the practice of compassion by working with a younger version of themselves. If this is still too threatening, you can work on creating compassion for a “young child.” *Use your own judgment and discretion and the support of your treatment team to proceed with this activity with caution in order to assess if this is right for you, to feel safe, and to stay in your window of tolerance.

Instructions: Write a letter of compassion to a younger version of yourself at the age you were when you began developing negative body image. What would you want to say to that child? As you’re writing this letter, non-compassionate feelings may arise. That’s ok. Either allow these thoughts to pass by and come back to a place of compassion or write these non-compassionate thoughts down to come back to at a later time. Share this letter with your treatment team .

