

## **YOUR LETTER OF SELF COMPASSION**

[\(How To Use \(and copy\) This Google Doc When You've Been Linked To It.\)](#)

Writing a letter of self compassion to yourself has been proven to cause a significant shift in how one views oneself AND to have **lasting effects** on how happy a person feels and how he/she treats and sees him/herself.

Read the following and then try it and see for yourself.

This could be one of the most significant things you can do for yourself, as it strikes at “the heart of the matter”...

### **Suggested instructions:**

- \_\_\_ Write one letter every day for a week.
- \_\_\_ After you’ve written each letter read it aloud to yourself (or even have a trusted other do the reading out loud).
- \_\_\_ Keep these in a file to look at when you need some encouragement or perspective..
- \_\_\_ You could also write a general letter of compassion, kindness and love for yourself, which I very highly recommend.

### **Viewing point from which you are writing this:**

This is a letter from the “I” that is the core you, the conscious self that uses reason, logic, facts, wisdom, compassion, kindness, and support.

It is being written to “you” (in the second person tense), which in this case is your primitive mind or instinctual self.

### **Possible content/framework:**

Engage your primitive self to write down what specific thing that happened or is going on in life that is creating some stress for you. Describe to yourself what you are feeling.

(And then switch over to being “I”, to write the actual letter to “you”.)

Dear (your name),

“I” acknowledge what you must be feeling upset over what happened.

“I” acknowledge how hard it must be for you to experience feeling that way.

"I" see that you really feel \_\_\_\_\_ about what happened.

I see that you must have been thinking \_\_\_\_\_

I also observe \_\_\_\_\_

Yes, what you are going through is a part of the human experience. You just didn't know better at the time and you simply did what was natural based on your thinking at the time."

You are so very loved and I do not want you to suffer from such things, and I know that ...

Guidance: The important thing is that you might reflect on that and see if there is anything you'd like to change of what you did or how you reacted and/or thought about it. I think it would be good to write out what the old ways were and to write a new version for all the parts so that you would know what to do the next time, that you didn't know yet before.

Then say what else a trusted friend or loved one might say to you (or what you would say to them if they were in your place).

### **Example**

"I can see right now that you're really feeling upset about what happened.

I can tell that you are being hard on yourself and that you think things could have gone differently if you would have done something different. I can see that you are really sad about what happened.

And your feeling are perfectly normal and very human. It's ok to be human!"

"I would suggest that you just be with that feeling and understand it and then set up a way of handling those feelings and thoughts or a similar situation in the future."

### **Or in any natural compassionate, kind, supportive way.**

You could just forget about any framework and just write it out in terms of what you would say to a trusted friend or loved one.

The important thing is that you craft a new conversation with, and to, yourself, one that is incredibly kind, compassionate, loving, and supportive - and then practice it daily, especially when the default natural critical words come up in a primitive mind reaction.

### **DO IT!**

Do this right away, as it has proven, even if people didn't believe it, that doing it creates oneself being happier in the short term but, in at least one major study, also 6 months or longer in the future.

**It is time to learn to be this way with yourself**, as criticism does not work, since it makes one feel punished and it makes one feel inhibited, so one is *less* inclined to do a positive action. The default behavior of criticizing is based on the false notion that it is motivating and keeps you in line, but it has actually been proven to do the opposite of the intent, as one becomes demoralized and "down". It might have been necessary for raising a child, but it is absolutely proven not to work for an adult!!!!

## **THE "TWO PARTS" OF YOU**

In criticizing yourself and also in this exercise, you are talking to yourself. There is the actual you, doing the talking, and the entity the message is being sent to.

Might there then be two possible entities inside you, in a sense?

Though there is no marked division in your brain, there are, essentially two entities that are different from each other.

There is the two lower brains (the lizard brain and the "monkey mind") that are mechanical and unable to reason well - they must be trained in order to change their automatic thinking patterns or actions, since they do not "know better" until taught better! We'll call those together "the primitive lower mind", which is actually an accurate description.

Then there is the higher brain that developed later in evolution, and was the secret to man's survival in complex situations, that could think ahead, use reasoning, be objective about facts, and make good decisions that are thought out (which the lower primitive mind absolutely cannot do!!!). This is the "I" from which you experience life consciously, which is **the real you** and not the animal level part of you. It is what differentiates you above all other species.

It is very important that you understand this further, so I suggest you at least read the piece [Who I Really Am - Don't Get Confused With What You Have Or What You Believe](#).

One interesting thing about the higher brain is that it has developed the ability to be compassionate, kind and caring. You can speak from it that way or, easier for some people, you can choose (and "consult with") a selected [Loving, Caring Presence](#)..

[The higher brain is similar to the idea of "the higher self", except that it is the actual self (which you'll discover in the above linked piece).]

## **WHAT ELSE WOULD BE USEFUL**

Much of what I have learned and built into myself around complete self acceptance, I learned from reading the L.S. Barksdale materials (for which I purchased the copyrights years later, so they are provided at no cost to you). You can read the pieces and/or also download the key book(s) at no cost from the site I created for it: [The Wisdom Of L.S. Barksdale - Straight Thinking, High Self-Esteem, And Low Stress](#). Students of the original Barksdale foundation report that it **permanently changed their lives** and that it was the **best thing they had ever done** for themselves in their entire life. Study it for at least a month and let me know what it has done for you ([Contact](#)).

One of the most useful truths I learned, and which I believe is essential for sound psychology, is in the piece on my site: [Zero Fault - Just "Not Knowing, Yet..."](#). (Also, I would appreciate it if you let me know how this struck you and any difference it makes in how you view things and view yourself.)

Bon voyage! May you know full self-compassion, acceptance, and love!!!

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CTRL A (will highlight the whole document)

CTRL C (will copy the whole document)

Open the place you will paste the document into, and then use

CTRL V (will paste it into the new location)