VIRGINIA HUNTER SAMPSON

 Attorney, Author, Speaker

*Compassion Magic Superhero Sam Saves His Family*

**Self Compassion Exercises**

!. Self – Hug

2 Write a Letter

In this exercise, you’re going to write a letter to yourself. The point of the letter is to express compassion for an aspect of yourself that you don’t like. So in the letter, try to respond with compassion to your own flaws and setbacks, rather than beating yourself up. The first step is to think of something about yourself that makes you feel ashamed or insecure or not good enough. The next step is to write it down and describe how it makes you feel, as sad or embarrassed or angry or inadequate. And try to be as honest as possible. Keep in mind that no one but you is going to see what you write here. And as you write a letter to yourself about this, express compassion, understanding, and acceptance about this aspect of yourself that you dislike. Kristen provides a couple of tips around getting involved in this experience: Take the perspective tattoo take towards someone else that you love and accept unconditionally, shift that lens towards yourself. Remember that everyone has things that they don’t like about themselves

and that no one is without flaws. Consider the many factors, families, opportunities, and even genes, that could have played a role in these negative aspects of yourself. And

ask yourself are there things that you could do to improve or better cope with this negative thing?

Focus on how constructive changes can make you feel happier, healthier, or more fulfilled and avoid judging yourself. After writing the letter, put it down for a little while then come back to it later and read it again. It may be especially helpful to

read it when you’re feeling bad about this thing you don’t like, this aspect of you you don’t like, as a reminder to be more self-compassionate.

Sources:

 Greater Good Science Center – Berkeley, California

 Kristen Neff, Ph.D. – *Self- Compassion*

To contact and obtain more information about Virginia, her books and to invite her to speak:

[www.virginiahuntersampson.com](http://www.virginiahuntersampson.com)

info@virginiahuntersampson.com