

## Letter to Younger Self

**Objective:** Self-compassion can be a difficult emotion to cultivate. Sometimes it is easier to begin the practice of compassion by working with a younger version of ourselves. If this is still too threatening, you can work on creating compassion for a “young girl” or a “young boy.”

**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 young person? 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.