



This is an exercise to practice self-compassion

- Think of the person you care about most
- Now imagine that you swap places and they feel the same way that you do when you're feeling low
- Notice how it feels to imagine them feeling this way. If you wrote a letter or spoke to them, what would you say?
- As you're writing, remember that you deserve the same compassion from yourself that you would give to your loved one

[illegible]

