

Self-Compassion Letter-Writing

Alia Workforce Resilience Wellbeing Tool



How to use this tool

The Self-Compassion Letter Writing exercise is an invitation to slow down and turn toward yourself with care. On days when self-criticism comes easily, it offers a way to pause and respond with compassion instead. There's no need to get it right, only a willingness to show up for yourself with a bit more kindness. Turn to it whenever you need a reminder that you don't have to face hard moments alone.

Identify something about yourself that makes you feel ashamed, insecure, or not good enough. This could be something related to your personality, behavior, history, relationships, or any other part of your life.

Once you have identified something, describe how it makes you feel. Be honest with yourself, keeping in mind that no one but you will see it.
