



the power to heal

Soaringwords' SOARING into Strength Positive Health Initiative

Self Compassion and Forgiveness Workbook

Proud Silicon Valley Community Partners:



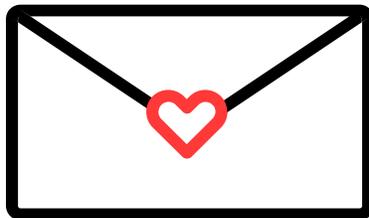
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Flexing Your Compassion Muscle



Think about someone you know or love - it can be a close friend, a neighbor, or a person you respect. Imagine that this person is feeling down on themselves: feeling dejected and defeated. Now imagine what you would say to reassure them or to remind them of their self-worth. Write about this here.



Learn to Self-Soothe

Write about three self-care activities you can do that will help you self-soothe. It can be something simple like making a cup of tea or watching a funny youtube video. What works for you?

Three large, empty thought bubbles are arranged on the page. Each bubble has a main cloud-like shape and three smaller circles leading to it, representing a thought process. The bubbles are intended for the user to write their self-care activities in.



Let Go of Anger and Burden

Think of a grudge or resentment you have. List 3 benefits you will feel if you let go of this anger and burden.

1

2

3

Instructions for Writing a Self-Compassion Letter

Think of a grudge or resentment you have. List 3 benefits you will feel if you let go of this anger and burden.

Part One: Which imperfections make you feel inadequate?

Everybody has something about themselves that they don't like; something that causes them to feel shame, to feel insecure, or not "good enough." Feelings of failure and inadequacy are simply part of the experience of being human. Write about an issue that tends to make you feel inadequate or bad about yourself (physical appearance, work or relationship issues...). What emotions come up for you when you think about this aspect of yourself? Try to just feel your emotions exactly as they are – no more, no less – and then write about them.

Part Two: Write a letter to yourself from the perspective of an unconditionally loving friend, teacher, mentor, or loved one. Someone who was or who is truly there for you. If no one comes to mind, many people find it helpful to write the self-compassion letter by imagining it is being written by another person- for example, a kind stranger who is writing the letter to you.

To help you get into the right mindset, think about this kind person - someone who is UNCONDITIONALLY loving, accepting, and compassionate. Imagine that this person can see all your strengths and all your weaknesses, including the aspect of yourself you have just been writing about. Reflect upon what this person feels towards you, and how you are loved and accepted EXACTLY as you are, with all your very human imperfections. This person recognizes the limits of human nature, and is kind and forgiving towards you. In his/her great wisdom this person accepts and understands your life history and the millions of things that have happened in your life to create you AS YOU ARE IN THIS MOMENT. Your particular inadequacy is connected to so many things you didn't necessarily choose: your genes, your family history, life circumstances – things that were outside of your control.

Write a letter to yourself from the perspective of this kind person– focusing on the perceived inadequacy you tend to judge yourself for. What would this person say to you about your "flaw" from the perspective of unlimited compassion? How would this person convey the deep compassion he/she feels for you, especially for the pain you feel when you judge yourself so harshly? What would this person write in order to remind you that you are only human, that all people have both strengths and weaknesses? And if you think this person would suggest possible changes you should make, how would these suggestions embody feelings of unconditional understanding and compassion? As you write to yourself from the perspective of this kind person, try to infuse your letter with a strong sense of his/her acceptance, caring, and desire for your health and happiness.

Part Three: Feel the compassion as it soothes and comforts you.

After writing the letter, put it down for a little while. Then come back and read it again, really letting the words sink in. Feel the compassion as it pours into you, soothing and comforting you like a cool breeze on a hot day. Love, connection, and acceptance are your birthright. To claim them you need only look within yourself.

