

A Compassionate Letter to Me



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Writing about my difficulties with my compassionate minds to:

- *Convey concern, non-judgment, genuine care and support to myself*
- *Show sensitivity to my distress and suffering*
- *Empathize my struggles and acknowledge my efforts to cope*
- *Support me to be more tolerant of my distress and difficulties*
- *Help me to think about ways that I can adopt in order to get better*

