



Syracuse Integrative Psychiatry

Comprehensive care. Transformative outcomes.

Week 15: Self-Compassion

Befriending Yourself

The Inner Critic is loud. Many of us talk to ourselves in a way we would never talk to a friend. We say things like "You're so stupid," "You're lazy," or "You'll never get it right."

Self-Compassion is simply treating yourself with the same kindness you would offer a loved one who is struggling.

The "Compassionate Friend" Letter

Think about a struggle you are facing right now. Now, imagine a friend came to you with the exact same problem. What would you say to them? How would you comfort them?

Write a letter to **yourself** from the perspective of this wise, compassionate friend.

Dear [Your Name],

I know you are having a hard time with...