

Self-Compassion Exercise

Find a childhood photograph of yourself.

Look at the photograph and in your journal write down in bullet points or in paragraph form what you would do and say to make the child in the photograph feel safe, loved, accepted, appreciated, comforted, valued, adored, and respected.

Access the photograph when you need to remember what you want for the child in the photograph. Compassion and love for yourself is a big step toward extending it to others and building lasting and loving relationships.

Taken from: 'Love Me, Don't Leave Me: Overcoming Fear of Abandonment and Building Lasting, Loving Relationships' (2015) by Dr. Michelle Skeen PsyD.