**Writing Yourself a Letter from a Compassionate Voice**



This home practice provides you with the opportunity to continue writing yourself a letter, from a compassionate voice rather than the voice of the self critic. This extends the practice you began in class.

Reflecting on your role as a parent, you were asked to choose a behaviour you would like to change, something that is changeable such as “being less reactive to my child,” “following through with behaviour plans,” “Pausing before saying something I might regret,” “giving my child more positive reinforcement and feedback when he does something I want to encourage.”

Rather than criticizing yourself for not doing things well enough, use a voice of compassion to encourage this change. Your compassionate voice appreciates how difficult your job as a parent can be, understands you and wants the best for you. This voice may say something like: "I don't want you to keep feeling bad about your parenting. I'm here to support you.”

Please continue this letter to yourself, as best you can, using a compassionate voice to support and motivate you to change any behaviour you would like to.

The important thing is that we set our intention to try to be kinder to ourselves, eventually new habits will form.