



Write A Best Friend Letter

The compassion you give to
others first belonged to you.

The Good Girl *Game Changers*



WRITE A BEST FRIEND LETTER

Huddle Together: Experiment With It

By writing to ourselves like we're writing to a dear friend, we can bypass our inner critic and access the wisdom and compassion we already possess. This shift in perspective makes it easier to respond to our struggles with curiosity rather than judgment. Use the W.R.I.T.E framework below to guide you:

- 1 **Welcome the feelings:** Start with "Dear [your name]," and acknowledge what you're struggling with right now. Be specific about the emotions and thoughts coming up.
- 2 **Remember your humanity:** Remind yourself that everyone faces similar challenges. For example: *"Making mistakes in relationships is part of being human. You're not alone in this perfectly imperfect experience."*
- 3 **Imagine the support:** Write what your wisest, most caring friend would say to you. What understanding would they offer? What perspective might they share?
- 4 **Trust your strength:** Highlight your capabilities and past experiences. For example: *"Remember last year's difficult project? You felt overwhelmed but broke it down into smaller steps, asked for help, and found your way through. You have that same strength now."*
- 5 **Express encouragement:** Close with specific words of support. What do you most need to hear right now? Be sure to Sign the letter: *"With love and understanding, [your name]"*