

1B

WRITE A LETTER OF SELF-ENCOURAGEMENT

Many people turn to unhealthy substances and relationships because they do not know how to connect with the better part of themselves.

By viewing ourselves as a best friend who needs encouragement regarding the person we are, the interests we have, our good intentions and our future hopes we take responsibility for creating a positive connection with ourselves.

Write this letter of encouragement as if you were writing to a brilliant friend (if stuck, use the [self-encourage meditation script](#) as inspiration):

Dear (your name)

I am very fond of you because you..

It is great to know you as I see you as a person who...

You are a unique person who care about...

I wish you every success in...