

Letter to My Past Self

reflection exercise



The emotional impact of past regrets, losses, and traumas can linger on for years.

In this exercise, you will describe a past experience that feels unresolved, write a letter to yourself at that time, and reflect on the resulting insights and emotions.

Prepare

Recall a past experience that feels unresolved and continues to impact your life. Write the *facts* of the event, including your age at the time, what happened, and who was involved:

Describe how this experience continues to impact your life:

Write

Write a letter to your past self about this unresolved experience. Address your past self with “you,” be as honest as possible, and don’t worry about spelling or grammar.

- Tell your past self any relevant insights you now have about the struggle.
- Offer forgiveness and compassion to your younger self.
- Mention anything else you feel is important to promote healing and closure.

Take your time completing the letter. You can do it in one sitting or over days or weeks.

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Letter

Dear Past Self,

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Process

Describe any insights you had while completing this activity:

Describe ways you can grow from your experience:

Additional comments (optional):