Letter to a Relationship

letter-writing exercise

Sometimes important words are left unsaid in relationships. This might be because the relationship has ended, the person has passed away, or the truth is too hard or risky to share. Writing a letter you'll never send is one way to express yourself in these situations and let go of any burden you're carrying.

Instructions: Reflect on a past or present relationship in which something was left unsaid. Then write a letter to this person that expresses how you feel.

Prepare

In a sentence or two, describe what's been weighing on you most about this relationship. If you're unsure where to start, consider the options below:

- *Unexpressed feelings that have lingered*
- *Something to apologize or ask forgiveness for*
- *How the relationship helped you grow*
- *An insight about the relationship*
- *Something you need to be honest about*
- *A change you'd like to see in a relationship*
- *An opportunity to say goodbye*
- *Anything that promotes healing or letting go*

Write

Write a letter to the person in question, expressing whatever feels most important. Take your time, be as honest and direct as possible, and don't worry about spelling or grammar.

The letter can be as long or as short as you'd like. Just focus on saying what you need to say.

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Letter

Dear _____

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Letter (continued)

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