

## FEELINGS LETTER

*Write a Feelings Letter to anyone with whom you may be angry, resentful, frustrated, bitter, etc. This is not a letter you will send, but one you will write, read aloud to yourself, or with a counselor—then dispose of. Write regarding each of the following emotions until you feel the emotion dissipating. Just begin free writing this letter with no judgment about your writing. It may take multiple letters at multiple sittings to feel freed of the negative emotions. After writing a letter, get into a relaxed state by taking 8 deep breaths (from your diaphragm) before reading the letter aloud.*

Dear \_\_\_\_\_,

ANGER: (I feel angry that..., I cannot stand it that..., How could you...)

SADNESS: (I feel disappointed that..., I feel sad that..., I feel unhappy about...)

FEAR: (I am afraid that..., I feel scared that..., I fear that...)

GUILT: (I feel sorry that..., I regret that..., I feel guilty that...)

ACCEPTANCE: (I understand that..., I care that..., I accept that...)

Signed \_\_\_\_\_

p.s. What I need from you...

p.p.s. What I need from myself...