



## **Therapeutic Letter Writing** **for Relational Conflict**

**Purpose:** to express negative feelings inside so positive feelings can be experienced.

**1. Express: Resentment, anger and blame.**

- a) I don't like it when...
- b) I resent it when...
- c) I hate it when...

**2. Express: Hurts and sadness.**

- a) I feel sad when...
- b) I feel awful because...
- c) I feel disappointed because...
- d) I wanted...from you.

**3. Express: Fear and insecurity.**

- a) I'm afraid that...
- b) I feel scared because...
- c) What I need is or was...

**4. Express: Remorse, guilt and regret.**

- a) I'm sorry that...
- b) Please forgive me for... (how it could have been)
- c) I really wish that...

**5. Express: Love, forgiveness, understanding and desire.**

- a) I love you because...
- b) Thank you for...
- c) I forgive you for...

End by expressing what it is you want, wish and need.

I love you so much...

Sign