



## Therapeutic Letter Writing

(These letters are to be written and then read aloud to your joumeymate... not mailed.)

Dear Dad / Mom/ Step-parent / Grandparent / Former Spouse/ etc.

I've been thinking about our relationship - about how I felt and some of the things I needed, but didn't receive.

- From some of my earliest memories, I have felt...
- I know I really needed...
- It hurt me so much when...
- I now often feel...
- It would mean so much to me if...
- I wish I could hear you say to me...

Sincerely,

After both partners have completed their therapeutic letter writing, take turns reading their letters aloud. Remember to "emotionally respond" - responding to each other's emotion with emotion.