



Feelings Letter

Sometimes we have very strong feelings towards a person and for various reasons we've never addressed these feelings. We tend to stuff these feelings down because they're painful. But guess what? **The more we stuff these feelings down the more the pressure builds and they end up oozing out into other areas of our lives.**

It is helpful to write a feelings letter to this person. This is beneficial because it helps you organize your feelings and untangle them in your mind. Also, **the act of writing your feelings down will "release" them and they will lose their power over you.**

The best way to write this letter is with no intention of actually giving it to the person. This frees you up to be completely honest. You are doing this just for you.

After completing the letter you might want to take it a step further and do some ritual to officially let the feelings go, such as burning it.



Feelings Letter

Dear _____

I am angry...

I am happy...

I wish...

I'm sad..

I'm sorry..

I love...

Sincerely,
(Your name)