Unsent Letter Instructions

1. Belly Breathe as needed before you start to turn your thinking brain on.
2. At the top of the page, write 3 words that describe how you are feeling right now and where you are feeling it in your body. Use the Vocabulary of Feelings and Feeling into our Bodies hand outs to help.
3. a) Choose the person you would like to address the letter to. Examples are:
    o Someone you are in conflict with
    o Someone you'd like to say something to but cannot
    o Someone you miss or would like to see but cannot
    o Someone you need to talk to about something
    o Someone you feel misunderstood by
    o Your past or present self
    o A mentor or someone you admire

    b) Choose a specific theme that you'd like to address with that person in this particular letter if that's helpful. This can be useful when you have a lot of pent up issues with this person and you are at risk of the letter getting overwhelmingly long. You can decide what to address by choosing the theme that's most relevant to you in this moment.
4. Start writing the letter. Write without editing out your thoughts. This is key. This is an unsent letter, so the recipient (or anyone else) will never read it. An important part of the process is letting out whatever is in your mind, no matter what it is. It's okay to let your inner 5-year old temper tantrum here!
5. When you're done, write a post-writing reflection.
6. At the bottom, write 3 words that describe how you are feeling right now and what you're feeling in your body.
7. Decide what you want to do with the letter. Examples of options:
    o Leave it as a part of your private journal. You may read it again later or not. No matter.
    o Destroy it in some way. Some people find burning it cathartic.
    o Use it as a draft for future letters. You may or may not send the future letters (but will never send this unsent one). To use it as a draft, go back through it and decide what is helpful to keep. Use that as a guide for a new draft.

Tools to use: Feelings Wheel, Body Sensations Vocab, Post-Writing Reflection

Adapted from the works of Kathleen Adams.