Clearwater Counseling & Wellness

Letter Never Sent (or eventually sent)

The Letter Never Sent (or eventually sent) is an exercise to help give voice to the child self or other part of self who has felt unseen, unheard and invisible in a relationship with a parent, partner or friend. This offers you the opportunity to express deeply held emotions and thoughts that need to be released. Some of these expressions are simply for you to release and not share, while others may be appropriate to express to this person.

Find a place where you can be uninterrupted for a period of time. Bring some comforts with you like a soft blanket or comfortable seat, soft music, hot tea/coffee and allow yourself the opportunity to speak what hasn't been spoken through writing. Once you've cleared the pent-up emotions and thoughts, consider if there is a gentler letter waiting for the person to read. If so, consider using the guideline below to write the letter you may share. If not, you can choose to destroy the letter you won't send, perhaps by burning it or tearing it into pieces, as an additional step in letting go and releasing yourself from the experience.

- Begin by explaining why you're writing this letter.
    - This is your chance to say the good, the bad and the ugly. Really allow yourself to vent and release all the things you have been feeling and thinking.
    - This also helps you begin to formulate a more appropriate letter if you choose to send one.
- If you choose to eventually send
    - Begin with what went well, what did this person get right in your relationship.
    - Now, share what it was like for you as their child/partner/friend/etc. using "I statements" to reflect your experience without pointing fingers and blaming the other person.
    - Next, share how this experience is impacting you today as a result of those experiences with them.
    - Share what you are doing to heal yourself today, taking accountability for your own experiences today.
    - Finally, share what your hopes are, for yourself, for them and for the two of you (if desired). If you're able to, this is where you circle back to love and connection or perhaps it's where you wish them well if the relationship needs to end.