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Letter Writing

The intention of letter writing is to:

Take back your power

Become a warrior and champion for yourself

Release shame that is not yours

Express emotions that are trapped in your body

Give yourself permission to feel emotions that have typically been considered bad and wrong: such as anger, frustration, jealousy, resentment...

Practice expressing all of your unwanted emotions in a safe platform

Acknowledge your growth and the person you are

Complete your relationship - the is one step closer to completion

Choose a person to write your letter to

- This may be your ex, your child, your parents, your friend, anyone that you have given your power to
- Focus on one person at a time
- This person is someone you have given your power to

* This letter will NOT be sent to the person you are writing to, in fact, this letter will be destroyed afterward.

1. Say it like it is! This is not a kind or loving letter this is a letter where you give a piece of your mind. Be brutally honest. You have all the permission to yell, blame, judge, swear and even shame the other.

* I invite you to express all of your hidden emotions. The emotions you may never have expressed. These are the shameful emotions that are buried deep, yet you believe you are too mature or too transformed to feel. Let it all out. No matter how much work you have done, you still have deep unattended to emotions. This letter is your opportunity to acknowledge them. This is a safe place.

- 2) Demand respect. In this letter, you will state what you deserve and you will accept nothing less. Statements like "how dare you", "who the hell do you think you are", "shame on you".

* This is not a time to feel sorry for yourself, this is a time to metaphorically stand on a mountain top and shout to the world, what was done to you and calling the other out.

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- 3) Reclaim your power. State how they are expected to relate to you and treat you going forward. State the new standard you have created for yourself. Be very clear on this new standard as this is now your new standard and you must adhere to it.
- 4) Expect many emotions will surface, this to be expected; practice staying present, observe your emotions. Do not let your emotions overtake you, rather give your emotions a container to exist in, you and the letter are the container to hold your emotions inside of.
- 5) Now it's time to **thank** your ex. Thank him/her for all that he/she have provided you. Your children, your home, the memories, your growth including all that you have learned, be as sincere and honest as you can. This can also be a very emotional step.
- 6) The last step is saying Good-bye - It's time to say goodbye to your relationship and your marriage. Write all that you need to, to feel complete.
- 7) Once you have expressed yourself fully in your letter, you may now throw it away. This was an opportunity to fully release and express yourself this is not meant to be sent, reread or accidentally stumbled by anyone. This was simply a tool to release your emotions. Destroying this letter is part of letting go and giving yourself permission to feel all of your emotions. Because this is only an exercise to release emotions and to heal, you don't want this letter to remain in your home.
I recommend burning it or flushing it down the toilet. Feel free to destroy it any way you wish.
- 8) How to destroy it. This may sound counterintuitive, but see if you can destroy the letter with love. You can say good-bye with love.

This exercise will likely be very emotional so included your Healing Actions as discovered from your Healing Blueprint.

Self Care

- Give yourself the time and space to rejuvenate and move through your emotions
- Pre-plan how you are going to take care of yourself after
- Provide loads of Self Compassion
- What are the healing actions you are incorporating