

Healing Letter

Dear _____,

I'm writing this letter to help me heal and move forward. I'm so angry that you left me and you didn't want to salvage our marriage. I'm angry that you can't see how good we could be together. I'm angry that you gave up on us and our family. I'm angry that this hurts so much. I'm just so angry at you. I hate that I still love you. I'm furious at you for hurting me so deeply.

I'm so sad that our family has been divided. I wish we could have made our family work. I'm sad when I lie in bed alone. I'm sad when I think of a future without you. I'm sad when I think about you. I'm so disappointed when I look at our children and I know we will never be a family together. I'm unhappy when I wake up in the morning and I'm deeply sad throughout my whole body.

I'm so afraid you never loved me. I'm afraid that I'll never find love again and that I'll be alone for the rest of my life. I'm worried that this pain will never go away and that I may always feel sad. I'm afraid you will find love and have a new family before I'm ready to handle it. I'm scared I'll stay depressed. I'm afraid I'll never be happy again. I need to move on, but I'm afraid I'll never be able to.

I'm sorry I wasn't a better wife. I'm ashamed that I hurt you and our family. I'm sorry that we couldn't make it work. I'm sorry that I didn't appreciate you. I'm sorry that we didn't talk more. I'm sorry we didn't have more date nights and I feel ashamed that we didn't have a better sex life. I'm sorry I didn't have the energy. I'm sorry I wasn't more fun. I'm sorry I put the kids before you and our marriage. I'm embarrassed that our marriage is over. I am willing to be the best I can be to grow and be a good mom and parent with you.

I want to feel peace and have kindness and respect in our new co-parenting relationship. I want to feel proud of myself and I to know that I'll be okay and happy one day. I appreciate all that you provide our family and all that you continue to provide, I appreciate my healing journey as I get to know myself more and more. I forgive you for not being able to stay in the marriage. I forgive myself for not knowing how to communicate my feelings. Thank you for our life together, thank you for the memories. I would like to move forward and heal and I would like to be health, happy parents for our children. I trust that we will be good parents and that our family will be okay.

Love

Your Name

The Response Letter

Dear *Your Name*,

Thank you for writing me this letter. I meant a lot to hear from you and for you to share your feelings. I understand why you feel the way you do, it make perfect sense. I'm so sorry that I hurt you and that I've destroyed our family. I've make so many mistakes and I'm sorry I wasn't a better husband. I'm sorry I don't love you the way you deserve to be loved. I'm sorry that I stopped loving. You deserve to be happy. You deserved more than I can provide you. I truly want you to heal and be happy again. I want you to heal, grown and be the amazing woman I know you are. I love you and I appreciate you.

Love

The Completion Letter

This letter is very respectful and honouring. I will acknowledge both of you. In this letter you will feel listened to and supported, it is important to express and affirm your positive feelings of forgiveness, understanding, gratitude, and trust. Also it is helpful to express how that love makes you feel. This is part of the completion letter. Here is an example.

Dear _____,

Thank you for your letter and for everything you said. I forgive you for leaving. I forgive you for hurting me. I know our love was special at one time and that you love me very much. Loving you was the best thing I've ever experienced. I'm so honoured to have 2 beautiful children with you. I will always love you even as I say goodbye. I love our past 23 years together even if it has been perfect. I forgive you for not loving me any longer. I forgive you for choosing not to work on our marriage. Although it has hurt so much and I know I'll be okay, I know I'm healing and growing. Thank you for our life together. Thank you for how you supported me. Thank you for all that you have taught me. I'm sorry that I couldn't make you happy in the way you need to me. I'm sorry our marriage is over. Although our marriage is over, our lives will cross. I will always respect you and treat you kindly. I will always love you. I miss you and goodbye.

Love

Your Name

The Healing Letter

Dear _____

I'm writing this letter to share my feelings with you.

Part 1

ANGER

I don't like _____

I resent _____

I feel frustrated _____

I feel angry _____

I feel furious _____

Part 2

SADNESS

It hurts _____

I feel disappointed _____

I feel sad _____

I feel unhappy _____

Part 3

FEAR

It is painful _____

I feel worried _____

I feel afraid _____

I feel scared _____

Part 4

Remorse and Apologies

I feel embarrassed _____

I am sorry _____

I feel ashamed _____

I am willing _____

Part 5

Love, Understanding, Gratitude and Forgiveness

I want _____

I appreciate _____

I forgive _____

Thank you _____

I would like _____

I trust _____

The Response Letter

Dear Your Name,

Thank you for _____

I understand _____

I am sorry _____

You deserve _____

I want _____

I love _____

The Completion Letter

Dear _____

I forgive you for _____

I forgive you for _____

I forgive you for _____

I forgive you for _____

I forgive you for _____

Thank you for _____

I'm sorry that _____

I love you _____