Letter(s) I'll Never Send Worksheet

Writing a letter you'll never send is a great way to process what you wish you could say to your parent(s) or caretaker without actually engaging them.

Structure:

- A brief intro normalizing unspoken grief and anger.
- Two structured prompts:
    1. "If you'd really seen me, you would have known that I needed…"
    2. "I'm letting go of the need for you to…"
- Then a short reflection section:
  "What truth do I need to tell myself now instead?"
  "What would I say to my younger self after writing this?"

Bonus: This would be amazing to share in the One Love Collective Community (all or part) and/or in a session with your individual therapist if you have one.

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