

THE LOVE LETTER FORMAT

Dear _____:

I am writing you this letter to release my resentment and negative emotions and to discover and express the positive feelings that you deserve. I am also writing this letter to ask for your support without demanding it.

Level 1: Anger

I don't like . . .

I resent . . .

I feel frustrated . . .

I feel angry . . .

I feel furious . . .

I want . . .

Level 2: Sadness

It hurts . . .

I feel disappointed . . .

I feel sad . . .

I feel unhappy . . .

I wish . . .

Level 3: Fear

It is painful . . .

I feel worried . . .

I feel afraid . . .

I feel scared . . .

I need . . .

Level 4: Remorse & Apologies

I apologize . . .

I feel embarrassed . . .

I am sorry . . .

I feel ashamed . . .

I am willing . . .

Level 5: Love, Understanding, Gratitude & Forgiveness

I love . . .

I appreciate . . .

I realize . . .

I forgive . . .

Thank you . . .

I would like . . .

I trust . . .

RESPONSE LETTER

The response letter does not need to be long, but it can be if you choose. It should include:

- 1) Apologies expressed in a way that makes you feel heard and supported.
- 2) Understanding and validating statements that express a warmth and compassion for your feelings.
- 3) Loving statements that praise, agree, appreciate, and acknowledge what you deserve, and
- 4) Whatever else you need to hear to feel good.