

Letter to Myself

This is the space to write those words that you need to hear.

They may be words from a parent, grandparent, family member, or loved one who never said them — or that you were unable to receive.

Whether that person is still part of your life or held now only in your heart, these words can still bring comfort and connection.

It is never too late to go through the process of writing the words that you needed to hear from them, or to write the words that you wished you had said to them.

Writing these words, and reading them aloud, can be a very healing process - helping to gently soothe, integrate, and release what needs to be expressed.

Here are some of the words I most need to hear or say:

1.

2.

3.

4.

5.

With love, _____

Date: _____

Inspired by **Forever Loved** by Diane Hesketh

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Gentle Disclaimer - For personal reflection and sharing. Not a substitute for professional therapy or counselling.