

LETTER OF REDUNDANCY



A redundancy letter according to narrative therapy is a letter that serves to highlight the roles that people play that they no longer need to play.

These roles can be socially constructed roles like those played by parents or children to be perfectionists, a mother's role of being able to do it all, etc. Some roles that we find ourselves in can be a result of painful experiences, and we find comfort in them at the time of distress due to familiarity but unfortunately are not able to break out of them. It is when we are not able to break out of them, do we begin to struggle because it is no longer by choice and at some point it no longer gives the comfort that it once did.



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Instructions:

- It really is like a letter to yourself, like giving yourself permission to let go of what no longer serves you.
- You may include what led to you playing the role you are letting go of
- What comforts you now about being able to let go of it.
- How you will ease the process of this letting go (i.e. support from friends, therapist, etc.)



SAMPLE

A letter of redundancy to the manager role inside me



To,
Little Manager,

On the 5th of May, 2023, I realised that I learnt to be managerial because of growing up in a home that felt chaotic, and I could not depend on others, so I grew up super fast so I could depend on me. However, this role puts pressure on me and does not allow me to rest and makes me judge my friends and colleagues for not doing enough or being slow. I therefore, with great compassion and gratefulness for what this role has helped me navigate in the past, now declare it redundant. I resign from this rule. My partner and my therapist will help me remember my pledge from time to time, and I will also remind myself, using cues in my body - if my shoulders feel tight, I am probably in my manager role.

From,
Self



WRITE HERE...

