



Differentiating Your Feelings, from your Parents Feelings.

Using this letter template, you are going to explore the differences between you and your parent/s. You do not have to send it, it is just a way for you to come to an understanding of your separateness and individuality. It's an opportunity for you to discover that it is ok to be different from your parent/s, just as he or she was and is different from their parents. It's also a way of showing you that you ARE different from your parents, and not destined to repeat their mistakes.

Dear

I am in the process of learning to love myself. Part of this learning is to separate my feelings from yours. I am doing this out of love for you, and love for myself.

I am both different from you and the same as you. Here are some ways that I am different from you. You like _____, whereas I don't it at all. You sometimes say _____, whereas I seldom if ever say that. You feel _____ about _____, while I don't. I like _____, _____, and _____. I have done _____ which I don't think you have done. You probably wouldn't approve that I have _____ and _____ and even _____.

But we are alike, too. Which is no surprise, because I am your child. For example, I sometimes find myself _____, which is exactly like you. Just like you, I _____ and _____ and even _____. Some of my best qualities, like _____ are exactly like the best of you.

Some of the deepest feelings I experience are _____

Do you share any of those? If I had to guess, I would say that your deepest feelings are around _____

The reason I say that is that I see you doing things like, _____

_____, and that suggests to me how you must feel.

When I feel scared, the sensations I experience are _____

When I feel angry my body feels _____

When I am sad, my body tells me by _____

As I tune in to those feelings in myself, I wonder if you feel them in a similar way.

In closing, I would like to thank you for _____, and
_____ and especially for _____. I would not be who I am
without you.

Love,

What do you imagine the reaction would be if you were to send this letter to your parent? When you think about your parent reading this, what feelings come up for you in your body?

Is there anything else you'd really like to say to your parent? Use the space below to reflect on how it felt to explore your feelings and thoughts in the letter above and write out what else you might like to say to your parent.
