THERA thrive

YOUR INNER YOU

This activity is designed to assist you in writing a letter to your “inner you.” It is often the inner you, not the “outer you,” that carries around hurt, resentment, and guilt. You have done a lot of hard work in therapy thus far: Write a letter to your inner you letting yourself know that it is safe; that it is okay to move past the inner hurt and sadness.

Dear Inner Me,

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____