

# Letter writing



Letter writing in therapy is a structured, reflective activity where you write a letter, not necessarily to be sent but as a way to process thoughts, feelings, and experiences. It's used in many therapy approaches, including CBT, narrative therapy, and grief counselling.

There are many things that letter writing can help with

- **Emotional expression** – puts unspoken or overwhelming feelings into words.
- **Clarity** – helps organise and understand complex thoughts.
- **Processing the past** – can address unfinished conversations or unresolved feelings.
- **Empowerment** – Gives a sense of control in expressing your own narrative.
- **Safe distance** – Writing allows expression without the pressure of face-to-face confrontation.

You can write letters to many different people, below are some examples

- **To a person** (living or deceased) - express things you couldn't say in person (gratitude, hurt, forgiveness, or boundaries)
- **To yourself** - to your past or future self (compassion for mistakes, recognising growth).
- **To an emotion or problem** - you could write to "Anxiety," "Depression," or "Anger" as if it were a person, exploring its role in your life.
- **Unsent closure letters** - addressing someone or something for closure without the intention of sending it.

## How to Do It

1. Find a quiet space and a set amount of time (e.g., 15–30 minutes).
2. Choose your focus. Who or what is this letter to? What do you want to express?
3. Write freely. Don't censor grammar, spelling, or flow. Let emotions lead.
4. Decide what to do with it. Keep, reread, share with your therapist, tear up, or ceremonially release it.