The goal of the Feelings Awareness Letter is to help you express CORE feelings that you have been holding onto. CORE feelings are those feelings you often suppress or deny because they often make you feel vulnerable. These CORE feelings may include: hurt, rejection, betrayal, frustration, sadness, loneliness, guilt, failure, etc. This letter will help you to express yourself, and as a result, help you feel better inside. Pretend as if this will be the last letter you write to this person. Pour out onto to paper what is deep within your heart. Go beyond and beneath your anger to the CORE. Don’t hold back.

Use a separate sheet of paper. Use all or parts of this feeling awareness letter guideline. Remember, you’re writing this letter to help YOU get your feelings out. The letter is not necessarily to get the other person to change. Remember, you don’t have to give this letter to the person right away or even at all. It’s up to you. It is important to be very honest and open in this letter. This letter will help you feel more emotionally free.

**Dear\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,**

***The reason I am writing this letter is because\_\_\_\_\_\_\_\_\_\_\_\_.***

***As I am writing this letter, I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_, so before you read this letter, I need\_\_\_\_\_\_\_\_\_\_. Lately, I have been thinking a lot about\_\_\_\_\_ and I have been feeling\_\_\_\_\_\_. The last time we were together I didn’t get to tell you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I wanted to talk to you about\_\_\_\_\_ but, I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because\_\_\_\_\_\_\_\_.***

***Sometimes, I feel so\_\_\_\_\_\_\_\_\_\_\_ and I\_\_\_\_\_\_\_\_\_\_\_. I think a lot about\_\_\_\_\_\_\_\_\_\_\_ and I wonder \_\_\_\_\_\_\_\_\_\_. Ireally wish\_\_\_\_\_\_\_\_\_\_\_. Sometimes I hold my emotions in because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. But now, I think it’s time for me to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***What really hurt me was when you\_\_\_\_\_\_. I felt betrayed when\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_When you said\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to me, I wanted to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I admit that I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I know that I have \_\_\_\_\_\_\_\_\_\_ in the past although it may not have been right. What I need from you is\_\_\_\_\_\_\_\_\_. When you\_\_\_\_\_\_\_\_, I feel\_\_\_\_\_\_\_\_. I sometimes worry that \_\_\_\_\_\_\_\_.***

***Sometimes I feel that you\_\_\_\_\_\_\_\_\_\_\_\_\_, and I wish that\_\_\_\_\_\_\_\_\_\_\_. I believe that our relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I really miss\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.***

***I know that this letter may not change\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ but I was hoping that\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.***

***Signed,***

***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***