

LOVE LETTER - THE COMPLETE TRUTH

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

1) ANGER AND BLAME

I hate it when...  
It makes me furious when...  
I'm fed up with...  
I'm tired of...  
I resent...

2) HURT AND SADNESS

It hurts me when...  
I feel sad when...  
I feel awful when...  
I feel hurt when...  
I'm disappointed when...

3) FEAR AND INSECURITY

I'm afraid that...  
I feel scared that...  
I am worried that...

4) REMORSE AND RESPONSIBILITY

I'm sorry that...  
I'm sorry for...  
Please forgive me for...  
I didn't mean to...

5) INTENTION AND WISHES

I want...  
I wish...  
I hope...

6) LOVE, FORGIVENESS, UNDERSTANDING, GRATITUDE

I love you because...  
Thank you for...  
I'm proud of you for...  
I understand that...  
I forgive you for...  
I love it when...

Make sure to sign your letter in a way that feels appropriate.