Letter of Completion

Write this to someone who has “done you wrong”; violated a boundary or treated you with disrespect. *This letter is not going to be sent!*

1. What happened; details of what said or done.
2. How I felt or thought
   * it reminded me of …….
   * it impacted my life ……
   * the message I have told myself …..
3. What I long to hear from you. (the amendment)
4. P.S. What the person would write to you in reply if they were whole and healthy emotionally. Write this as if they are writing to you.

Do a separate one for each person who has EVER wronged you.

You can even do one to God if you have ever questioned Him.

Allow yourself permission to say ANYTHING you need to say. I tell my clients, to use whatever language they need to. That, there will be no judgment.

After you have done all 4 sections for each person (two different letters), find someone who you feel comfortable reading them out loud to.

It is the reading them out loud, and being witnessed by someone, that gives the healing.

Make sure to ask the person who is listening, to not say anything or attempt to comfort you, as you read them.

Finally, as you read, speak slowly, rather than speaking quickly. You want your heart to absorb what you are saying.

My clients, as well as myself have found this exercise to be so healing.