

## Write a Letter to Someone You Have a Resentment Against (but do NOT mail it)

This is a simple letter and its intent is to help you release anger, fears and resentments against certain a particular person. One way is to address the letter directly to that person. Another is to write a letter to your Higher Power complaining about that person.

To someone you feel anger, fear and/or resentment towards:

- 1) Dear Josephine,  
I am so angry at you because \_\_\_\_\_.  
I cannot believe that you \_\_\_\_\_  
If you ever do that again \_\_\_\_\_  
Blah, blah, blah ...

Or .....

To your Higher Power:

- 1) Dear HP (or whoever)  
I am so angry at \_\_\_\_\_ because \_\_\_\_\_  
I cannot believe that you let \_\_\_\_\_ happen to me.  
I am going to do \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_ if it happens again!  
Blah, blah, blah ...

- 2) For either type of letter, let it all hang out! Put all of your emotional energy into it.
- 3) Sign it, place it in an envelope and then set it aside for 15 minutes or so.

Then,

- 4) Start a new page. Write about every lesson that you learned from your experience with that person. For every emotional response you had to that person's offense, write down *specifically* the lessons you learned from it.

Then,

- 5) Set it aside for a short time to read later. Either mail it to a false address, share it with someone you trust, or destroy it. Never mail these types of letters to the people you are writing about.