

Honesty Letter To "AUTHORITY"

DEAR _____,

Today's Date: _____

How am I supposed to respect you when _____

I get so frustrated with you when I think about _____

Why do you always have to _____

Why couldn't you just once _____

I still carry a lot of hurt inside because _____

And It makes me feel sad when I think of _____

All I ever wanted was _____

But, all I've ever gotten from you is _____

I feel it is reasonable of me, to expect that you _____

My biggest fear in life used to be _____

My biggest fear today is _____

I still feel some guilt and shame sometimes because _____

And, I'm realizing that maybe my deepest hurt of all is _____

My present CONCEPTION of you is _____

I would prefer my CONCEPTION of you to be _____

I will probably continue to hold on to my Resentment toward you until _____

In conclusion, I'm sorry for _____

Signature: _____