

Honesty Letter To **PAST** Relationship

DEAR _____, Today's Date: _____

I really hated it when you _____

I would get so angry with you because _____

Why did 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 ever got was _____

My biggest fear **back then** was _____

My biggest fear **today** is _____

I still feel some guilt because I _____

And sometimes I feel some shame for _____

I'm realizing that probably my **deepest** hurt of all is _____

My wish for **you** in the future is _____

And, my wish for **myself** in the future is _____

I'm probably going to continue to hold on to my Resentments toward you until _____

What it will take for me to have **closure** with you is _____

In conclusion, I'm sorry for _____

Signature: _____