

Honesty Letter To PRESENT Relationship

DEAR _____,

Today's Date: _____

I really hate (dislike) the way you _____

I get so angry with you because _____

Why do you always have to _____

Why can'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 **used to be** _____

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

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

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

What I may have to change about me, so I can get on with my life is _____

In conclusion, I'm sorry for _____

Signature: _____