

How “Honesty Letters” Work

For *Releasing Emotions*, Not for Mailing

An Honesty Letter is a form with *incomplete* sentences. As you read each sentence, you *complete* it by writing down whatever comes to mind. There’s several different Honesty Letters and **none** are designed to mail. They’re all for draining your painful feelings *out of you*, and **on to paper** (like a kind of “data dump” for your mind).

Timing is important –“You can’t be ready until you’re ready”

After completing an Honesty Letter, you may feel mild relief, extreme relief, or something in between. If you find yourself feeling **no** relief, and even more upset than you did before you wrote it, it could be that you’re **not quite ready** to let go of your painful feelings on this issue. For many reasons, holding on to painful feelings until you’re ready to let go, makes good sense. You may want to discuss this issue with a counselor, or other trusted person in the people-helping field.

Just a Part of Your Healing Journey

Honesty Letters are powerful tools for helping you to get “closure” from any painful past experience. But, they’re not magic. They help you get rid of emotional pain by giving you words for your feelings and a practical method for *releasing* them through *expression*. They can also provide valuable insights to help you know yourself better and reveal important truths about yourself. Remember that ancient Chinese saying: “*What I hear I forget, what I see I remember, what I write I understand*”

Honesty Letters are only tools and cannot replace the other important elements of emotional healing such as prayer, the courage to change, the hard work of practicing acceptance, practicing patience, the willingness to search for the truth, a sincere desire for inner peace, a good counselor or friend, etc.

Here is a list of 10 different types of Honesty letters:

1. To a “Victimizer”
2. To a **Personal** Resentment
3. To an ***Authority*** Resentment
4. To An Absent Parent
5. To God
6. To **Personal** “Grief & Loss”
7. To “RELEASE”
8. To “Myself”
9. ***From*** my “Inner Child”
10. ***To*** my “Inner Child”

“The opposite
of depression
is *expression*”

