

# A Letter To You

There may be things we wish we could say to someone or things we wish we could tell them. However, there might be reasons why we can't or feel unable to do so. While we might not be able to voice these things directly, just writing our thoughts and feelings down can help us manage our emotions and give us a sense of release.

## ■ WHAT I THINK AND FEEL ABOUT YOU

What do you think about this person? How do they make you feel? These thoughts and feelings might be difficult or seem like they're not 'nice', but that's okay. We are letting our thoughts and feelings out, not judging them.

## ■ WHAT I'VE LEARNED FROM YOU

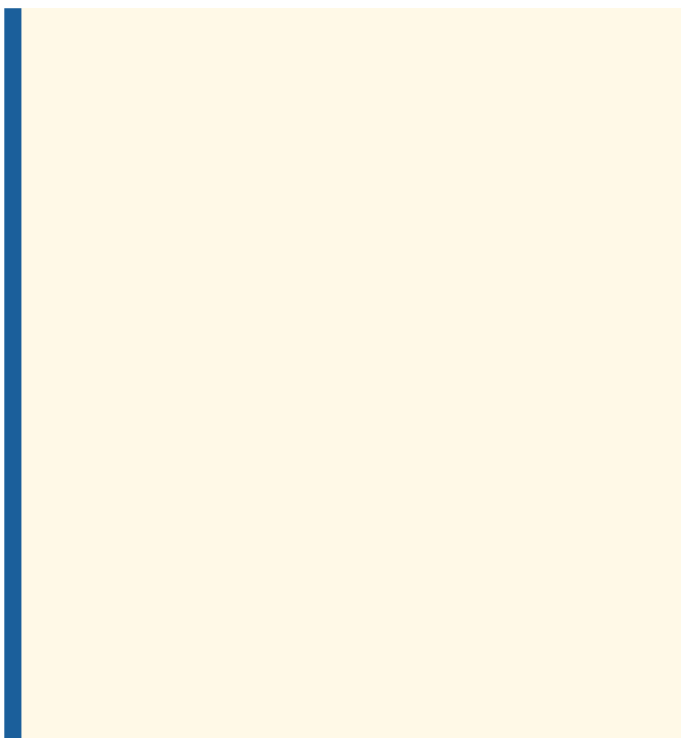
Has this person taught you anything? This could be directly, such as them having taught you a skill or how to do something. It could be that you've learned something about yourself from this person or through your experiences with them.

## ■ WHAT I WANT TO SAY TO YOU

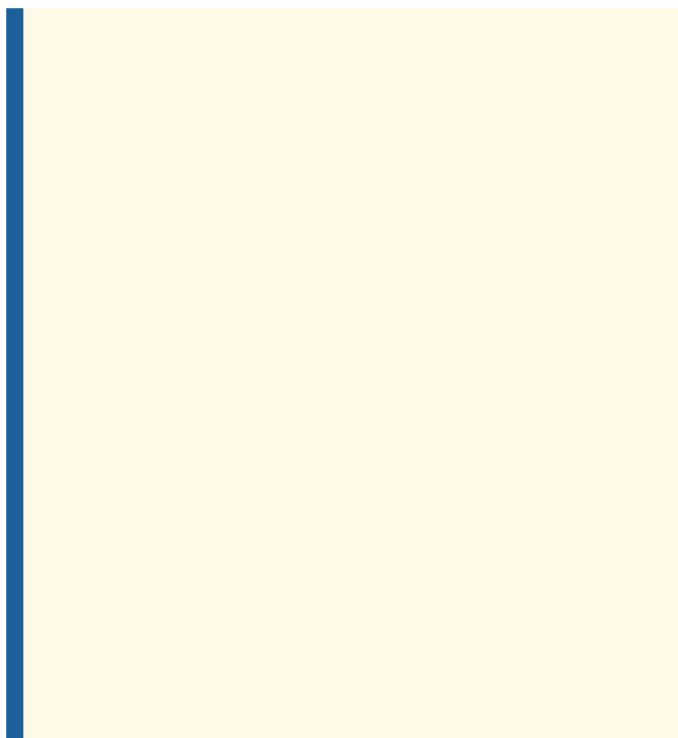
If you could tell this person anything, what would you tell them? It could be the things you feel you couldn't say to them face-to-face. It could be things you feel have been left unsaid. It could be anything you want them to know.

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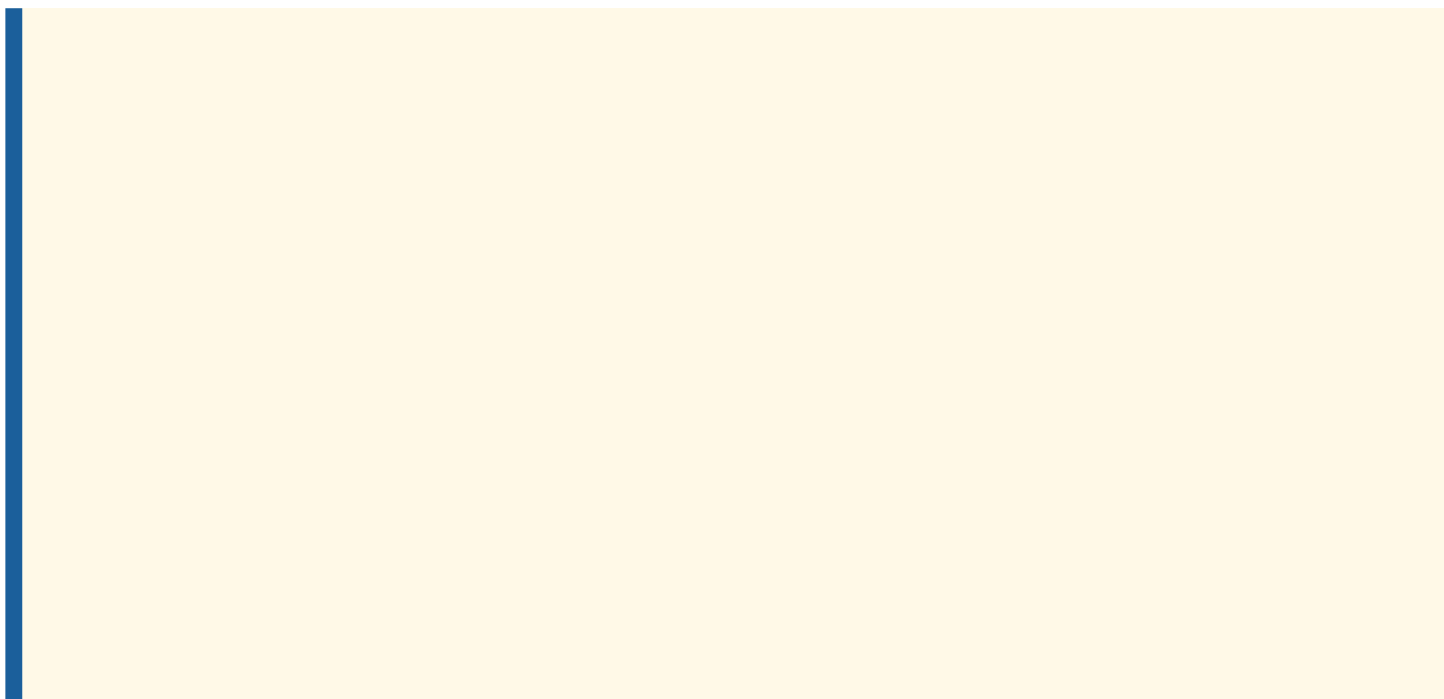
WHAT I THINK AND FEEL ABOUT YOU

A large, empty yellow rectangular area with a blue vertical line on the left side, intended for writing thoughts and feelings about the recipient.

WHAT I'VE LEARNED FROM YOU

A large, empty yellow rectangular area with a blue vertical line on the left side, intended for writing lessons learned from the recipient.

WHAT I WANT TO SAY TO YOU

A large, empty yellow rectangular area with a blue vertical line on the left side, intended for writing a message to the recipient.