

# Write a letter you'll never send....

It can be hard to share feelings with someone when you are hurt, angry or anxious. Sometimes it helps to write that person a letter-- with no intention of ever sending it. It's a way to get your feelings out on paper even though you can't, or don't want to share your thoughts and feelings right now. You can read it again in a couple of days & see how it makes you feel---or rip it up and throw it away when you are done!

**Dear** \_\_\_\_\_: