

WRITE A **NO SEND** LETTER

It can be hard to share your 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 an easy 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 and see how it makes you feel -- or rip it up and throw it away when you are done.



Dear _____,

YOUR *Life* YOUR Voice
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