



# WRITING LETTERS JOURNALING TRANSCRIPT



TRANSFORMATIONAL  
JOURNALING

with *Christa Potter*



# WRITING LETTERS JOURNALING

## ▷ What You'll Discover

- What writing letters as a form of journaling is.
- How writing for letters as a form of journaling works.
- The benefits of writing letters as journaling.
- Who we can write letters to and why.

## ▷ What Writing Letters as Journaling Is

I know what you're thinking. Writing a letter? How is that a form of journaling? Well the journaling exercise of writing letters to the people in your life is so powerful in a number of ways and it's something I recommend everyone try.

These can be letters written to express feelings to someone that you've never been able to express in person. They can be letters expressing how the things they have done affected you. They can be letters of forgiveness. They can be letters asking for forgiveness and confessing things that you have been carrying guilt around. They can be letters expressing how you wish things would change. They can be letters about ANYTHING you would like to get off your chest and express to someone in your life.

## ▷ The Benefits of Writing Letters as a Form of Journaling



The act of writing these letters has so many benefits. It can provide closure in a situation. Like other forms of journaling it can help you achieve clarity and calm around a situation. It can also boost your confidence to actually communicate some of these needs and feelings in a more direct way.

## ▷ How Writing Letters as Journaling Works

Now the magic here is that you don't actually have to give them the letter. It's all about getting out the thoughts and feelings. It's about processing the emotions. The beauty is that sometimes just that process of getting that energy out there is received by the letter's recipient without them even reading the letter. The energy of that communication is put out into the universe and is often received without you even having to go through with giving them the letter. You may notice changes in the relationship after writing the letter without having done anything with it. You may receive a phone call from that person saying they were thinking about you and want to talk etc. It is pretty amazing the stuff that can happen as a result of this exercise.

A couple years ago I wrote a letter to my husband. I actually had intentions of giving it to him at the time. There were things I needed to express and changes I wanted to take place. Both on his part and mine. Well I never did give him that letter. Why? Because after I finished writing it things started to change. He started to change. It was the freakiest damn thing because you would swear he had read the letter, but I'm 100% certain he did not.

You are of course welcome to actually give the letter to the recipient if you feel that's what you would like to do, but this makes a beautiful journaling exercise just done for yourself in the privacy of your journal.

So who do you write these letters to?

You can write these letters to anyone! Your mother. Your father. An ex partner. Your current partner. An old friend. Your children. ANYONE.

You can write a letter to someone who has passed away to express everything you wish you had communicated while they were still alive.

You can write a thank you letter to someone in your past or present who has impacted your life in a meaningful way. Whether that be a public figure or a family member or friend.



You can write a love letter to someone from your past or present.

You can write a letter to your future self, past self, or no one in particular telling them all the things you have accomplished and struggled through.

Really the options are endless!

If those suggestions weren't inspiration enough, here are some journal prompts to get you started.

## Journal Prompts

Dear \_\_\_\_\_, it weighs on me that I never told you...

Dear \_\_\_\_\_, it hurts me that you...

Dear \_\_\_\_\_, I have been wanting to talk to you about...





# Notes

A series of horizontal dotted lines for writing notes, spanning the width of the page.

