



## WRITING LETTERS JOURNALING WORKSHEET



TRANSFORMATIONAL  
JOURNALING

with *Christa Potter*



# WRITING LETTERS JOURNALING

Writing letters as journaling is writing letter to people in your life and past. They 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 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.

Enjoy!

*Christa Potter*





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

A series of horizontal dotted lines for writing.





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





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





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

A series of horizontal dotted lines for writing.





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





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





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

A series of horizontal dotted lines for writing.





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





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





▷ Dear past self, I want you to know that...

A series of horizontal dotted lines for writing.





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





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



