

Letters I never sent



For those moments of forgiveness,
closure or self-expression

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Write a letter for yourself, for your inner child that have never been heard.

Or to the parent that treat you wrong.

Or to those moments in life you were strong.

To your strengths, to your weaknesses, to your past, to your future.

Write a letter to whatever you feel like to.

Let your compassion voice speak to you.



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You can start your letter with:

💡 "To the version of me that tried so hard..."

💡 "To the one I never said goodbye to..."

💡 "To the part of me that is finally resting..."

💡 "To the child I was..."

💡 "To the future me that is grateful for..."

❗ use these prompts as a guide only.

You can start as you feel, you can write as you wish and you can finish as you please.







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Closing ritual:

Now, that you have written what you needed, you decide what is appropriate to do next:

- 📜 keep it in a drawer for later moments
- 📜 crumple and throw it in a garbage outside your personal space
- 📜 burn it as a release ritual
- 📜 send it to the person you wrote for
- 📜 rip it in a million pieces and throw in the sea
- 📜 put it in a bottle and let it go
- 📜 or whatever you need to do...

