

Feelings Love Letter

The Feelings Love Letter was originally invented by John Gray (marsvenus.com) and is designed to process your emotions and often grief and pain about someone you love. Unlike the original love letter, the goal of this letter is to only help you overcome your grief.

It is not intended to be shared with your ex. Only share this with your ex if you back together or if she'd like to know about your feelings about the breakup.

1. Write a Feelings Love Letter expressing your feelings of anger, sadness, fear, regret and love. You imagine your partner is very open and can truly hear you.
2. Write a Response Letter expressing in more detail what you'd want to hear from your partner in response to the letter

Guidelines For Writing A Feelings Love Letter

1. Address the letter to your ex-partner. Imagine that she is listening to you with love and understanding.
2. Include all 5 sections: start with anger, then sadness, then fear, then regret, and finally love. You can use the lead-in phrases below, or write your own.
3. Write a few sentences about each feeling. Speak in simple terms.
4. After each section, pause and notice the next feeling coming up. Write about that feeling.
5. Do not stop your letter until you get to the love. Be patient and wait for the appreciation and love to come out.
6. Sign your name. Take a few moments to think about what you need or want as a response, and write that in the P.S. (Or, write a Response Letter)

Guidelines For Writing A Response Letter

1. Imagine your partner is able to respond lovingly to your hurt feelings — the ones you expressed in your Feelings Love Letter. Write a short letter to yourself as if it is your partner writing to you.
2. Include all the things you would like to hear from your partner about the hurts you have expressed. These lead-in phrases may help:

Thank you for...

I understand...

I am sorry...

You deserve...

I want...

I love...

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Optional Lead-in Phrases for the 5 Parts of the Love Letter

Dear _____,

I am writing this letter to express my feelings for you.

1. For Anger

- I don't like it...
- I feel frustrated...
- I am angry that...
- I feel annoyed...
- I want...

2. For Sadness

- I feel disappointed...
- I am sad that...
- I feel hurt...
- I wanted...
- I want...

3. For Fear

- I feel worried...
- I am afraid...
- I feel scared...
- I do not want...
- I need...
- I want...

4. For Regret

- I feel ashamed...
- I am sorry...
- I regret...
- I didn't want
- I want...

5. For Love

- I love...
- I appreciate...
- I thank you for...
- I understand...
- I forgive...
- I know...
- My heart's wish ...

Sign your name

P.S. The response I would like to hear from you is...

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Dear Remz,

I am angry that you just abandoned our relationship as if it were nothing. I expected you to fight for us and to at least give us one more chance to work things out.

I feel hurt knowing that you are living your life as if nothing happened. I feel disappointed that you found a new boyfriend just a few months after we spent 3 years together. I feel betrayed.

I am afraid that you will forget me + everything that we've been through. I feel scared that the new guy you're dating will mean more to you than I ever did.

I feel ashamed that I was jealous all the time. I should not have been so insecure. I know now that you were faithful but I pushed you away. I didn't want to make you feel like I was your biggest enemy.

I understand that you need time to think about us. And I know that you may never forgive me. I appreciate every moment that I got to spend with you. I learned so much about myself and I love the man I've become with you, for the good and the worse. I wouldn't miss any memories with you and I thank you for loving me.

In love, Andy

PS: The response I'd like to hear from you is...

Dear Andreas, thank you for this letter. I forgive you for your insecurities. I know that you loved me and I still love you. Right now I still need space to think about my feelings for you but I want you to know that you still mean a lot to me. I just need to sort out my feelings. Your insecurities weighed heavily on me, but I also own my own mistakes. I know that I withdrew from the relationship and gave you more reasons to become insecure during the end of our relationship.

We both made mistakes and maybe in the future we can sort through them. I love you and I am grateful for your honesty. Please take care of yourself. I wouldn't want you to be in pain because of missing me.