



The Unsent Letter

Give honest feelings somewhere safe to land

Some words need expression even when sending them would not be helpful or safe. This exercise creates a private place to tell the truth, notice what remains unfinished and decide what closure could mean for you.

PAUSE AND CARE

This letter is for reflection, not automatically for sending. Consider safety, privacy and the impact of any response or no response before making contact.

Who or what is this letter for?

What has been left unsaid?

What hurt, truth, gratitude or boundary needs a voice?

What did this experience teach or change in me?

What do I want to release, keep or choose now?

Write your letter

After writing: what came up, and what care do I need?

Closure ritual: keep, tear, safely destroy, bury or rewrite the response I needed
