

# humantold

## Letter of Letting Go

With this activity you will be writing a letter of letting go of a problem, similar to a “Dear John” letter. It will include everything good and bad about the relationship you have with the problem. You do not need to share this letter with anyone unless you choose to. Be raw and open with your emotions and allow yourself to free yourself from this problem.

Sometimes we are not quite ready to be completely free from a particular problem, but by writing this letter of “breaking up” serves as awareness of the things that this problem has done and then a strong commitment to separate yourself from this relationship.

### Questions to consider:

- How are you feeling before this activity?
- What purpose did the problem originally help with?
- How specifically did this relationship benefit you?
- When did this relationship begin to turn negative?
- What specifically did this relationship cost you?
- What supports do you call upon to help manage this problem?
- Knowing what you do now, what is your intention for the relationship with the problem?
- How do you intend to keep this separation from the problem?
- What questions does this activity bring up for you?

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