



FEELINGS LETTER

Dana Cole, LMFT

FEELINGS LETTER FORMAT

Dear _____

Anger (I feel angry that....., I can't stand it that....., How could you....., I feel frustrated that.....)

Sadness (I feel hurt that....., I feel disappointed that....., I feel sad that.....)

Fear (I fear that....., I am afraid that....., I feel scared that..... I do not want....., I feel worried that.....)

Guilt (I feel sorry that....., I regret that....., I feel guilty that....., I feel embarrassed that.....)

Acceptance (I understand that....., I care that....., I accept that.....)

Signed _____

P.S.

What I need from you.....

What I need from myself.....