

My Journey – Personal Letter

Letters from loved ones are much more than words on paper. The handwriting, decorations and smells create a lasting connection. Writing a personal letter can be a special experience for the writer and can provide a lasting connection between the writer and the reader. Personal letters are a special gift that are often lovingly stored and re-read when loved ones are searching for comfort, hope and love.

What do I need?

- Paper that is robust enough to last many years.
- A good quality pen with ink that won't fade.
- A person to scribe if you are too tired or unable to write.

Where can I write?

- A quiet place where you will not be disturbed.
- You may choose to use photos, candles, fragrant oils or other items to create an atmosphere that suits you.

What type of letter should I write?

- Personal letters can be used to convey a number of messages including:
- Telling someone how much you love them and why.
- Thanking, praising or congratulating someone.
- Sharing your fears and aspirations.
- Attempting to resolve a dispute or conflict between yourself and another person.
- Recording messages for loved ones to read in years to come (e.g. birthdays, graduations).
- If you have a number of messages you wish to convey to one person, you may choose to write separate letters for each topic/event.

How do I structure a personal letter?

- Date the letter, including time and place if you wish.
- Begin with a greeting and reason for writing.
- Write about the message you want to convey. This may include feelings, fears, dreams, ambitions, or simply a story or news you wish to share.
- Conclude your letter with a farewell statement and signature.

I don't know where to start! What should I do?

- If you have difficulty getting started, it may be helpful to try a 'brain storm' to get your thoughts on paper.
- Pick a topic e.g. family holidays, and write down any words or sentences that come to mind.
- Use these ideas to write your letter.

Who can help me?

- Family, friends and neighbours may be able to help you with topics and details of stories.

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100