# A letter to my younger self

Saying what that child needed to hear.

Bring to mind yourself at a particular age, perhaps a time when things were hard. If you have a photograph, look at it. See what that child is wearing, the look on their face, where they are.

Write to them as the adult you are now, who knows what they went through and what happened afterwards.

## You might include

- What you can see they are feeling
- That what happened was not their fault
- What they deserved, and should have had
- What you admire about them
- What you know now that they could not know then
- That you are here, and they are not alone any more

**The age I am writing to, and what was happening then**

**Dear**

## Afterwards

- Read it back slowly.
- Notice what you feel towards that child.
- Do something kind for yourself today. The child you were is still part of you.

*If this brings up painful memories, go easy on yourself and bring the letter to our next session.*

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