

## **Total Truth Letter**

**Write 6 sections (using a couple of sentences, paragraphs or pages for each as necessary)**

1. **ANGER**, Blame, Resentment etc. This is to express all your anger, all unreasonable and illogical feelings you have. Do NOT hesitate to write 2 pages if you MUST, but be sure you DO NOT carry the hate to other parts of the total truth letter. Sample openings:

I hate it when...  
It makes me so mad that...  
I'm fed up with...  
It pisses me off that....

2. **HURT**, Sadness, Disappointment etc. Try to tie up your hate to some more internalized feeling. Do NOT carry the HATE into this part. Sample openings:

It hurts me that...  
I feel so sad that...  
I felt so disappointed when you....

3. **FEAR**, Insecurity, Wounds etc.... This is The REASONABLE part of your feelings that explain why you did blow up or cry as in the previous two parts. It is important to keep the order and intensity of each portion, because by now you should be able to get your true concerns out of your heart. This will help your partner understand YOU. HE/.SHE could not visualize your feelings with the other 2 parts, which are there to purge your feelings, leaving only the reasonable, logical concerns. Sample openings:

I'm afraid that...  
I feel so wounded by...  
It's scary to feel....

4. **REGRET**, Understanding, Responsibility etc.. This is about the remorse. There are ALWAYS 2 parts to a conflict. There is always something you wish you could have done better. You must explain what YOUR role in the conflict was. You need to get out of yourself to recognize what you did. Put yourself in your partner's shoes and recognize the Golden Rule. This is important because it re-establishes the link to the other person, lets him/her know that you care what he/she might think of you. Sample openings:

I'm sorry that...  
I didn't mean to...  
I know sometimes I...  
Please forgive me for...

5. **WISHES**, Solutions, Intention etc. This is to say what YOUR recipe for fixing the problem is to avoid future conflicts, confrontations. Letting the other person see how you'd want them to handle the issue or your feelings in the future. Sample openings:

I want to...  
I promise to...  
I hope that...  
What I would like to happen...

My suggestions to change things are...

6. LOVE, Forgiveness, Appreciation etc... Obviously this relationship is worth saving; otherwise, why would you be writing this letter. This brings the focus on the positive part of the relationship, which usually brings tears to one's eyes, since by now you've purged yourself of ill feelings. Sample openings:

I love you because...

I forgive you for...

Thank you for...