

WRITING A LOVE LETTER

John Gray, author of 'Men are from Mars, Women are from Venus', suggests writing a love letter whenever our emotions are getting the better of us. The purpose of doing this is to reveal the truth about the conflict we're experiencing, connect to our REAL feelings, and be able to feel and share love.

It can be addressed to our partner, children, work colleagues, other family members, friends, etc., and helps us to acknowledge what's going on inside of us.

John Gray's "love letter" technique has five stages:

1. Anger and Blame. After a sentence or two explaining the nature and intent of the letter, the writer communicates his or her feelings of anger, resentment and blame towards the other person. It basically involves variations of the sentiment "*I don't like it when you...*"

2. Hurt and Sadness. In the second section of the letter, the writer describes any feelings of sadness, hurt or disappointment that are present. "*I get sad when you...*" is one example of a typical second-section sentence.

3. Fear and Insecurity. This next section lists fears and insecurities that the writer feels, as in "*I get scared when you...*"

4. Guilt and Responsibility. In this section, the writer shares any feelings of responsibility, regret and remorse that are present. "*I'm sorry that I...*" or "*I regret...*" are typical examples of ways to begin a sentence in this section.

5. Love, Forgiveness, Understanding and Desire. The last section of the letter is the appropriate place for the writer to describe feelings of love, forgiveness and understanding. "*I forgive you for...*" or "*I really care about you and want to work this out*" are good examples.

The end of the letter is also the place to state a simple request or desire for an action on the part of the reader. "*I would like you to...*"

Once you've written the letter, you're free to share it with the person concerned, taking care to explain what you've written and why before sharing, or keep it for yourself. You can also ask a third party to read it and see how it feels to you. One thing is certain: you'll feel a sense of freedom, and release from what's been weighing you down.

With love and gratitude,
Sarah xxx