

***HEALING  
LETTER OUTLINE***

**ANGER, FRUSTRATION AND BLAME\*** (may be swapped with next section)

**HURT AND SADNESS\*** (may be swapped with previous section)

**FEAR AND INSECURITY**

**GUILT AND RESPONSIBILITY**

**POSITIVE WANTS AND INTENTIONS**

**LOVE, FORGIVENESS, GRATITUDE, UNDERSTANDING  
AND LESSONS LEARNED**