

My Letter to “Pain” Instructions

Dear Pain,

As absurd as it sounds, I am choosing to write you a letter so I may express how I feel about you. Writing to you may help me unravel whatever I need to explore regarding our relationship together. Perhaps if we just communicated, we would better understand one another and not be so much at odds with each other.

My intention for writing this letter is firstly to get a few things off my chest and express how you make me feel. My second intention is to become curious and learn something new about the possible reasons you are currently in my life. Every small understanding of why you are protecting me and how you may be benefiting me will undoubtedly help me in my recovery.

There are five parts to this letter.

1) The ways you have impacted my life

Because of you, I am unable to... and feel...

2) What I can still do and experience

Despite of you, I can still...

3) The reasons I believe you are here

I believe that I am still experiencing you because...

4) What you fear may happen to me if you let go

You may be protecting me from...

5) Reflection

After writing this letter, I feel...

I will even sign and date the letter. I will do my best to write to you for 10 minutes a day for at least 3 weeks. I know that my letters may become repetitive, but I believe in time I will have a revelation and will truly understand you and myself at the same time.

Since I'm technically not sending the letter to anyone, I can say anything that comes to my mind without censoring it. I may choose to keep the letters and in 3 weeks review them and perhaps appreciate how my answers have evolved over time.

I may either use the provided template or write on a blank sheet of paper answering the five parts of this letter.

Dear Pain,

The ways that you have impacted my life

You came into my life, uninvited. You've taken things from me. Moments I should've enjoyed. Movements I used to love. You've changed how I live... how I see myself.

Because of you, I have been unable to...

Because of you, I have had difficulty with...

Because of you, I feel...

What I can still do and experience

What matters the most is that even with you around, I haven't given up.

Despite of you, I can still...

The reasons I believe you are here

I've been patient and allowed time to heal. I've tried to ignore you and push through...

I've rested and have avoided activities... no matter what I've done, you are still here.

I believe that I am still experiencing you because...

What you fear may happen to me if you let go

Whenever you're with me, my unconscious mind obviously believes that you are necessary for my well-being. I must figure out what you are exactly protecting me from.

You may be protecting me from...

Reflection

After writing this letter, I feel...

Yours sincerely, _____

Date: _____