



GLOBAL ACADEMY OF COACHING
LEAD. THRIVE. MAKE A DIFFERENCE.

Global Academy of Coaching

Create Love Relationship
Certification

Letter of Love and Forgiveness

In the 21st century, we call uneducated those who are not willing to learn, unlearn, and learn again.

The Technique of the Letter of Love

It's the best method I know to smooth down a deeply emotional conflict that exists either within you or in your relationships.

It's a dynamic tool for healing tension when it's become very strong and it cannot be dissolved by simple communication.

I have used this method personally in my relationships, and the results are amazing when it comes to dismantling emotional conflicts that otherwise would take days or years to be settled.

The purpose of the Letter of Love

Through the letter, you express and dispel all the negative feelings that you have and they prevent you from experiencing and sharing the love you feel inside.

In the letter of love, you express all the feelings, starting with Anger and you go on until you get to Love.

Why would you write such a letter?

When you write such a letter, you can express all your feelings without being interrupted. You're on your own, and you can feel secure to explore your feelings without fearing about how others may take it.

When you write the letter, you'll experience more profound levels of emotion without having each other waiting to express what you feel.

So you have all the time to delve into your deepest feelings.

It's certainly easier to be honest when you write on your own than when you talk to someone. Having your partner read to you the letter you wrote is an essential part and the closure of this technique.

How is this helpful?

- I. You'll get to hear your feelings expressed on the outside and so it's easier to realize and release them.
- II. As your partner reads the letter, he will embrace his feelings. As you evolve from anger to love through the letter, your partner, will also feel himself embracing love.
- III. If the person reading the letter was previously distant in terms of your emotions, he'll start to open up and come to you when he reads all your feelings out loud.

A step-by-step description of the letter.

First of all, once you decide you want to write the love letter, start right away. Especially if you feel there's emotional tension between you and your partner. Sometimes the hardest part of the process is to decide to write. But remember, whatever you can feel, you can also heal it.

Your relationship is worth devoting the time needed to write the letter so that you can go back to love.

IMPORTANT: Don't expect to write the letter when you feel love! It's precisely the purpose of that technique. To dispel the anger, the resentment, the pain that you have when they prevent you from experiencing love. Just start feeling your anger, and you'll see your other feelings follow up so naturally.

Let yourself pass through all levels as you write the letter.

Every letter of love has six parts:

1. Anger and Blame
2. Pain and grief
3. Fear and insecurity
4. Remorse and responsibility
5. Intent and desires
6. Love, forgiveness, understanding, and appreciation

PART ONE

ANGER AND BLAME

Every time you are in distress, you feel angry. You may not realize this anger, and it may even be suppressed. You might also feel dead inside. It's crucial when you write the letter to start by expressing anger and blame. If you don't express anger and release it, you can't you move forward and reach the deepest level of love. So when you express your anger, don't show courtesy! It's time to release that part of you that feels unappreciated by your partner. Reflect your rage on the paper. Let the wounded, angry child inside you come out and say whatever he wants.

Don't try to be LOGICAL.

It's okay to use all those "banned" words that a lot of people tell you not to say.

BE SPECIFIC.

Although it's essential to allow yourself to generalize and blame, make sure you're specific.

For example, instead of writing, "I hate it when you ignore me," write:

"I hate it when you ignore me. How could you let me wait for you for 4 whole hours?"

The more specific you are, the more liberated you'll feel.

Don't try to explain or categorize your feelings just EXPRESS THEM.

Don't explain! "When you came home and told me what your manager said, I thought you meant you'd have to work all weekend, and that, of course, upset me. But I thought if I told you at the time, you'd be angry about it, that's why i thought it'd be better to tell you after lunch." If you do that, you explain why you felt what you felt. You're in your head, not in your heart.

The right thing to say is:

"I hate it when you don't come home on time."

"I'm mad at you for not keeping our date."

"It hurts when I see how hard you work.'

'I felt terrible last night that you didn't come for dinner.'

"I'm afraid we never have enough time for each other.'

'I'm afraid you'll get bored of me.'

Do you understand the difference?

DON'T CENSOR YOUR EMOTIONS. WRITE THEM DOWN INSTEAD OF JUST RAGING!

Key Expressions to help you write the anger

CATEGORY:

"I hate it when..."

'I'm outraged when...'

'I'm tired of...'

"How could you..."

"I'm tired of..."

'I hate..'

"I want to beat you when..."

PART TWO

PAIN AND GRIEF

Key Expressions:

"I feel sad when..."

"It hurts when..."

"I feel terrible when..."

"I feel disappointed when..."

"I'm sad when I think..."

"I'm sad when I see you..."

"I felt so sad when you said..."

PART THREE

FEAR AND INSECURITY

In this part, we express all the fear that comes forth when we take off our invulnerability mask.

Key Expressions:

"I'm afraid that..."

"It scares me when..."

"I worry when..."

"I'm scared when..."

"You make me feel insecure when..."

PART FOUR

REMORSE AND RESPONSIBILITY

Now that the feeling that's been holding you up has been moderated, you can better understand what the real problem is and what is the part you've had in that. It's time to take responsibility for your share and apologize for anything that makes you feel guilty.

Put pride aside. Remorse doesn't mean you're wrong.

An apology means, "I'm sorry that I hurt you.

I don't want you to suffer". By saying you're sorry, you're giving your partner a chance to forgive you and return to love. You don't have to be wrong to feel guilty.

For example:

"I'm sorry that my mom is sick even though I'm not responsible for her disease'.

Key Words for Remorse and Responsibility

"I'm sorry I don't always comfort you when you need it."

"I didn't want to hurt you when..."

"I'm sorry we're fighting"

"Please forgive me for telling you..."

"I'm sorry I lost my temper"

"I'm sorry it took so long to write this letter..."

"I'm sorry for being distant, so it's hard for you to want to make love to me."

PART FIVE

INTENT AND DESIRES

It's time to focus on your situation.

What do you want to happen? What do you wish for?

Keywords

"I want to be loved again."

"I want to learn to control my temper."

"I want to be calm and not shout when we quarrel."

"I want to find a way to show you how much I love you."

"I wish we could spend more time together and talk about our feelings."

"I hope we can tear down what keeps us apart and fall in love with each other again."

PART SIX

LOVE, FORGIVENESS, UNDERSTANDING, AND APPRECIATION

If you've written the previous five pieces of the letter, then you've definitely started to feel your heart opening up and better understand the situation. It is not necessary to pretend or suppress yourself. The ice has melted, and the love connection is back. You may not agree with the other's behavior, but you are ready to love him again.

Forgiving doesn't mean that I agree with what you did.

IT MEANS THAT I HAVE SPACE FOR YOU IN MY HEART.

Tell your partner why you love him and appreciate him.

No one ever gets tired of hearing that they love him, so don't be afraid that you'll be boring!

Keywords

"I love the way you want to work for our relationship."

"My marriage with you means everything to me, and I promise to try more to improve our relationship."

"I love how sensitive you are"

"I love making love and feeling close to you."

"Thank you for bearing with me when I'm not in a good mood."

"Thank you for always being there for me to lend an ear."

"Thank you for underlining every success of mine."

Last Instructions for the Letter

The letter needs to be proportional to its six parts. You can't write six pages of anger and only one paragraph of love and forgiveness. Don't stop writing the letter until you get to love.

Turn off your cell phone, don't get up for any reason when you write until you get there at the end. If you stop before that, you steal love and the actual value of a letter from yourself and your partner. It's okay to go back to some parts of the letter. If you suddenly feel anger, while you are in another part, go back to the anger part and write your feelings. After that, write a few more sentences to the following sections until you reach the part where you initially stopped.

Don't read your letter while you are writing it.

Let your emotions flow.

I don't want you to be in your head but your heart.

How long should it be?

Depending on how tense you feel, it may consist of one or 30 pages!

If you stop the writing process, then you'll have to start over. We don't stop writing and continue it the next day. It's not successful if you don't feel love for your partner again at the end of it or when you feel suppressed to write the forgiving part.

Extra Paragraph:

What I'd like to hear from you now that I've finished reading for you is:

.....

In the extra paragraph, I write exactly what I would like to hear immediately after I read my letter to my partner.

I give this paragraph to him to read it to me as soon as I have finished reading all the above.

When the letter is finished:

We read it to our partner or alternatively to someone of the same sex as our partner.

We read the six parts to him, and he reads the extra paragraph to us.

He is not allowed to comment on or make faces while we read it.

He shall not interrupt the reading for any reason.

If he's not happy with his reading, you'll read it to him out loud the second time.

Then it is our partner's turn to read his letter.

In the end, it is time to make some new agreements with each other based on what you've learned through the letter.

The important thing is to help each other succeed in your relationship or to have a healthy and painless break-up.