

## HI-BYE LETTER

This technique is from Dr. Pat Allen. I can highly recommend you look into her teachings if you want to know more about relationships dynamics. I have personally learned so much about relationships from her over the years.

More information: [www.drpatallen.com](http://www.drpatallen.com) & [www.wantinstitute.org](http://www.wantinstitute.org)

You can apply this technique to any relationship where you find yourself having difficulties communicating to the other person. You can use it if people are emotionally unavailable to talk to you or if they are physically not present. You can use it for romantic relationships, your parents, friendships or work situations. You can also write it to yourself (the person you used to be).

Remember you do not mail the letter. You can keep it for yourself as long as it serves a purpose, or you can get rid of it after writing it, that's up to you.

### Letter Format Suggestion:

Paragraph 1:

Write about why you are writing this letter

Paragraph 2:

Write about all the things you love, like, enjoy about the relationship/the person. You can use past tense or present tense.

Paragraph 3:

Write about the conflict/situation you are experiencing.

Paragraph 4:

Write what you want in your next relationship.

Paragraph 5:

Write about the lessons and gifts you have gotten from this relationship.

## Examples to get you started:

### A break-up:

Dear \_\_\_\_\_,

*Because of your alcohol abuse I am not able to have this conversation with you in person, so I've decided to write a letter...*

...

*I love you from the bottom of my heart and always will. I loved the nights we spent together and how amazing you could make me feel just by looking at me...*

....

*I have to stop speaking to you for a while, I should really stop seeing you all together until my heart is healed. Your destructive behavior is taking a toll on my life, my soul is suffering as a consequence...*

...

*I want my next romantic relationship to be one of respect and healing. One where we can trust each other and the commitments we make...*

...

*I appreciate you from the bottom of my heart and always will. I have learned so much about myself being with you. I've learned that it's okay to let go of someone even though you love that person, if it is the best thing to do for yourself...*

...

*I love you always,*

*Sincerely \_\_\_\_\_*

### To a parent:

Dear \_\_\_\_\_.

*Because our relationship has fallen apart over the last few years we're no longer close where I would feel comfortable reaching out to you so I've decided to write a letter...*

...

*I will always love you for bringing me into this world. I like how you used to read me books and teach me how to do xx...*

....

*It hurts me that we're not close anymore. I don't know what happened. When you said that thing it broke my heart and...*

...

*I would like to be close to you again, share my life with you and confide in you when things get hard. Maybe you would want the same with me? How can we make that happen, I know I need to be more openminded and accept xx and xx...*

...

*I have learned so much about myself from you. To be brave and do daring things...*

...

*I love you always, sincerely \_\_\_\_\_*