



Letter Writing

Here are some questions for you to consider as you begin your letter.

1. What judgments do you have about your spouse?
2. What is your dominant complaint about your spouse or your marriage?
3. What is underneath that complaint?
4. What have been the biggest disappointments or regrets of your marriage?
5. What is something you miss about the way your relationship used to be?
6. What expectations does your spouse not have of you anymore?
7. How do you feel rejected or not enough?
8. How have you been disappointed in yourself?
9. What is something you long for in your marriage that is currently missing?
10. What have you resisted being 100% honest about, up until now?