

# Imaginary friend letter

Everybody has something about themselves that they don't like. Think about an issue you have that makes you feel bad about yourself. Now, think about an imaginary friend who unconditionally loves you, and accepts you just the way you are. That friend knows all about your issue, your strengths, and your weaknesses. Try to imagine what would that friend think about you, and what feelings would they have towards you. Write a letter from that friend's perspective. What would that friend say to you about this part of yourself that you don't like?

Letter



Dear...

I know you are struggling with...

It must be hard feeling like...

I want to remind you that, from time to time, everyone feels like...

No one is perfect, we all have some flaws. A lot of people struggles with...

I really want you to feel better. I am wondering if it would help to (add behaviours that might make you feel better or help solve the issue)...

Don't forget, you are (add strengths that might help you cope with his issue)...