



A LETTER TO MY FUTURE SELF

You know yourself better than anyone else. Take a moment to think about your vulnerable self. What emotions do you tend to feel during a bad day?

What works? What makes you feel better when you are...

- Sad? _____
- Anxious? _____
- Angry? _____
- Hurt? _____
- Worried? _____
- Afraid? _____
- Guilty? _____
- Unloved? _____
- Misunderstood? _____
- Disrespected? _____
- _____?
- _____?
- _____?

Tell yourself what to do. Be specific. *Example- Talk to my sister. Watch the movie Happy Gilmore. Go for a walk around the block. Listen to calm music for 15 minutes. Take a shower.*

Remind yourself about what NOT to do- because you know from experience that it doesn't work or else it backfires in the long run. *Example- Do NOT call Janet. Do NOT drink alcohol. Do NOT look through baby pictures. Do NOT say "It's my fault."*

List out a few of your personal strengths.

- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____

Remind yourself about some resources or supports:

- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____

Tell yourself what you need to know.

- Be compassionate, caring, supportive and understanding to your vulnerable self. *Example- People care – even though it might feel like they don't; You can get through this; You've gone through hard times before and it will be OK.*

- Encourage and motivate yourself. Be your own champion or coach. Maybe you need a “kick in the pants” to get yourself going. *Example- Get off the couch and get going! You are worth it! Your family needs you. You have so much to offer.*

You could rewrite these ideas as a letter or just save these pages as they are.

Sign Here: _____