The Love Letter Format was developed by John Gray and is in his book, [What You Can Feel, You Can Heal.](https://www.amazon.com/What-You-Feel-Heal-Relationships/dp/0931269016/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1498411158&sr=1-1&keywords=what+you+feel+you+can+heal) This is quoted directly from the book.

The Love Letter Format

To write a Love Letter, begin by expressing your anger, resentment and blame and allow yourself to move through the other levels until you get down to the love.

Each Love Letter has five parts -- and the following lead-in phrases may help you if you get stuck in one level and need to move into the next.

**1.  Anger and Blame**
I don't like it when . . .
I resent . . .
I hate it when . . .
I'm fed up with . . .
I'm tired of . . .
I want . . .

**2.  Hurt and Sadness**
I feel sad when . . .
I feel hurt because . . .
I feel awful because . . .
I feel disappointed because . . .
I want . . .

**3.  Fear and Insecurity**
I feel afraid . . .
I'm afraid that . . .
I feel scared because . . .
I want . . .

**4.  Guilt and Responsibility**
I'm sorry that . . .
I'm sorry for . . .
Please forgive me for . . .
I didn't mean to . . .
I wish . . .

**5.  Love, Forgiveness, Understanding and Desire**
I love you because . . .
I love when . . .
I understand that . . .
I forgive you for . . .
I want . . .

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