

## **Try one of these at home!**

### ***A Celebration Of Self – Exercise #1***

Plan a “date” with yourself. Include activities that you feel enrich your life. Pull out old photographs, get materials to make a hopeful collage for the future or have drawing materials on hand to develop a positive image for the future. If you enjoy music play something that will help you feel calm and content. Celebrate your own commitment to a future you want to pursue.

### ***Letter Writing – Exercise #2***

Write a letter to someone you feel you have unfinished business with or to someone who you wish you could speak with but is no longer alive or available. Include everything you feel you need to say in this letter. Remember you do not need to send this letter. The idea is to express yourself as fully as possible without the burden of having to confront the person directly. The important part is for you to feel that everything that needs to be said is stated. You may want to read through and redraft it several times before it feels complete. When it feels complete bury, burn or tear the letter as a means of releasing it and the hold these memories or emotions have over you.