

PHYSICAL LETTER CHECKLIST

Print only these two pages if you want a simple writing kit.

- Choose one person.
- Write privately, honestly, and in your own voice.
- Say why the relationship matters.
- Explain rather than accuse.
- Ask at least one genuine question.
- Read once for dignity.
- Handwrite or type the final version.
- Sign it, fold it, and place it in an envelope.
- Mail it with a stamp or hand it to the person.

Completion means delivering a physical letter. Email, text, direct message, and social media do not count.

YOUR LETTER

Dear _____,

I'm writing because I value _____

What I want you to understand is _____

What I genuinely want to understand from you is _____

Sincerely,
