

# Another Beautiful Life

## A Letter To My Past Self

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Write a letter to your past self using the following format. This is another wonderful tool for uncovering negative thought patterns and beliefs. Be willing to allow the emotions to surface.

Dear \_\_\_\_\_,

I'm angry because \_\_\_\_\_

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I'm sad because \_\_\_\_\_

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# Another Beautiful Life

## A Letter To My Past Self: Page 2

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I wish \_\_\_\_\_

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I'm sorry that \_\_\_\_\_

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I love you because \_\_\_\_\_

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\_\_\_\_\_