

# SEVERE TRAUMA & STRESS RECOVERY WORKSHOPS

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## 13. THE LETTER FROM THE FUTURE

This letter is to be written and not mailed.

Pick a time in the future: 5, 10, 15, 20 years from now, or any length longer or shorter, that is meaningful to you. Date the top of the letter with the imaginary future date. Imagine that the intervening years have passed and you are writing to a friend (pick someone you know and like). Use the friend's name in the salutation, as in, Dear (friend's name). Or, if you prefer, pick some other supportive person to whom you can comfortably imagine writing.

The purpose of dating the letter and writing it to someone you actually know is to strengthen the psychological realism of the letter for you on both an unconscious and conscious level. Imagine that in this future, you have resolved whatever problems that are troubling you at the present time.

Describe what helped you resolve those problems. At the time of the letter writing, you are living a wonderful, joyous, healthy and satisfying life.

Describe how you are spending your time, where you are living, your relationships, beliefs and reflections on the past and future.

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