

Explorative Letters: Organize your Thoughts and Emotions

Sample File

Letter 4

Dear D,

Yesterday, I spent my day, well I should rather say night, doing whatever I felt like. It was after a long long time, that I didn't think about things I had to do. I just did whatever I wanted, then. It was just one night and I feel as if it was a long break.

I didn't do much yesterday. I binge-watched TV, cooked, ate, washed and cleaned. It's 12:30 PM and I have had breakfast and am done with everything I needed to do in a day off.

I have worked hard in last two months, well that's compared to the last one and a half years, prior that. I have not only been regular to work, given my health condition earlier, but, have also worked overtime. I am proud of myself. This was a well-deserved break.

I couldn't have had the thoughts I had yesterday, if it wasn't for your letter. It gave my mind a break from the thoughts about my past, minus negativity, anxiety, sadness, anger or my usual emotional dependence on my past memories to be happy.

Please take it in a positive way. I love my past. The flip side of my past, which wasn't good for me, has gone, completely. I thought about the things that have hurt me and I sat there on the bench outside my house, waiting for nothing in particular.

I was so involved with the time that I didn't even bother to check where my phone was, had TV on at above "my normal" volume (which, I choose to not to disturb others and to be able to listen to my phone).

I realized that it's not a big deal to miss texts or phone calls. My priorities, time, convenience and choice should be the most important to me, and the rest can just fit in, accordingly.

I was trying to reach to this level of pure love, without suffering, from some time now. And I am happy that I made it here. I thank you for your letters. I have learnt a lot from them. If not from them, I learnt a lot because of you. Most importantly, I learnt to love myself first.

It's not what I did on my week off, that's made me happy. It's that I didn't feel anxious or lonely. That I was not worried about anything. I am happy.

I am going to sleep now. You have a good day.

Take care of yourself.
