**Spill It Mom Letter Template**

Feel free to use some or all of these writing prompts for your letter.

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***I write this letter from my present day self to myself \_****(years ago)\_\_\_\_\_\_\_\_\_\_* ***on that day*** *(describe significant day).*

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

I see you and I know that what you are experiencing right now is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***You’re in your living room today totally bare, with all of your former self in pieces on the floor around you, with only the raw inner core of who you are left.***You feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When you passed through this transformative and painful time you were stripped of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_tore you down but it also gave you the chance to rebuild a better and stronger and more contented you.

***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ was your cocoon, tight and binding and suffocating but you will emerge a butterfly.***

You can’t see the bigger picture because you are in the middle of it. But I made it through that day to the other side and so I can see what you can't.

***Let me tell you what I see.***

I see \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you zoom out just a little bit more you would see \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You are not the only one.

Zoom way way out and you will see the context of where you live in time and culture.

It is not a deficit in you.

Do you know what the key to your redemption will be?

Hang tough precious Mama.

Much Love,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_