Gratitude Letter

Relationships can be complicated, but that does not always mean that they are unhealthy or bad. Some relationships can be strained due to life circumstances, but if each member of the relationship wants a healthy relationship, it is okay to try to strengthen the relationship dynamic. A great way to work on improving complicated or strained relationships is to learn skills for expressing gratitude for one another.

Directions: In the space below, write a gratitude letter to someone who is important to you. Express what you appreciate about that person and the relationship you have with them. Write about what you want to see come out of the relationship, and what your motivation is to continue working on building a strong and healthy relationship with this person.