



Write a Letter To Your Problem
Many people find it helpful to write a letter to the problem that is bothering them the most. In the space below, write a letter to the one thing that is bothering you the most, and tell it to leave you alone so that you can get on with your life. Begin by giving your problem a name. Then tell your problem the harm it is causing you and how you are sick and tired of it.

For example, one man who was afraid of flying, called his problem "Butt Head." He told Butt Head how he was affecting his work and keeping him from travelling with his wife. He told Butt Head to go bother someone else.

A spiral-bound notebook with lined pages. A vertical red margin line is present on the left side of the page. The page is otherwise blank, with three hole-punch marks visible on the left edge.