

Letter Writing Exercise

One of the ways that you can help elicit anger toward the inner bully is through journaling.

Take a moment to think about what your inner bully has cost you: the symptoms that you've developed, the constant struggle with self-esteem, the extreme sensitivity to what other people think of you, and the barrage of fear thoughts or critical thoughts that never seem to let up.

Write a letter to your inner bully expressing how it makes you feel. Write as fast as your thoughts come, without taking time to edit your work. Do not worry about your spelling, grammar, or sentence structure. By not caring about the structure of your writing, your uncensored thoughts are able to come through. Of course, since this letter will not be seen by anyone but you, you can feel comfortable writing your true emotions.

Dear _____,