

# Saying Goodbye to Your Parents

Write a letter saying goodbye to one of your parents. We suggest you do this exercise **separately** for each of your parents.

The purpose of the letter is to say goodbye to your mother or father as your parent, not as a person. You might express the following:



- *“I don’t need you anymore as a mother/father.”*
- *“I’m an adult.”*
- *“I’m a separate person from you.”*

You might describe elements of your relationship, how you felt as a child, and/or how you will no longer engage in certain dynamics.

**You will not send this letter.**