

Letter to a Loved One About My Depression

Sometimes, it's hard to put your feelings into words about how you are feeling. You may even find it difficult to talk to those you love and who care about you when you are feeling down.

This worksheet provides a template you can use if you are struggling with finding the right words to tell your loved ones you are struggling. If you do not want to use the template, here are some ideas to help you with expressing your feelings:

- **Be honest about how you are feeling:** Even though it's hard, try to be as sincere as possible. Instead of thinking about how to say what you are thinking, just say it.
- **Give specific examples:** Make sure you are giving examples where your emotions are affecting you.
- **Take breaks between writing your feelings:** This may be a difficult process, so make sure you are taking your time when writing the letter. Be patient with yourself.

Use the section below to write down some ideas to help you with your letter:

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Letter Template

Dear: _____

Lately, I have been feeling _____

_____ .

It started when _____

_____ .

and I have noticed that _____

_____ .

I also have been experiencing _____

and it has made me very _____ .

Some other things that have been happening are _____

and _____ .

Thank you for reading my letter. Hopefully, we can talk some more about what to do next.

Love _____ .