



Breaking the Silence for Women

AN OPEN LETTER TO MY ABUSER

because I have a lot to say to you
(use an extra blank page if you need more room)

This exercise was designed to help you purge valid, healthy thoughts and feelings.

Dear _____,

Write your abuser's real name above, and then use this box to list the other "names" you'd like to call them. Don't hold back. It's okay to get angry, mean, and honest with your words.

NOTE: This letter is for you only. DO NOT SEND IT. Burn it. Shred it. Hide it in your closet. But do not give it to your abuser, as that will not bring you peace. Your abuser will never hear or validate you, so asking them to read this will only serve to bolster any sense of power and control they still believe they have over you. Write it, then discard it.

YOU SUCK

10 THINGS I HATE ABOUT YOU

I'm not weak. I'm not worthless. The fact that YOU abused ME was not my fault. Those were all lies you told because you're the wounded and disordered one who has no emotional intelligence, and you can't truly connect with others or recognize someone else's value unless it feeds your ego. What a pity. I feel sorry for you because you'll never be real, and you'll never know true happiness like I will. You'll never be strong like me.

I'M A SURVIVOR. HERE'S WHY.

I'M TAKING
MY LIFE BACK

10 THINGS I LOVE ABOUT ME

Keep the PDF and re-write your letter to document your growth as you continue healing!

Sign your name here:

Flip this paper over and free write the other things you need to say.