

Name:

Date:

I JUST THOUGHT YOU SHOULD KNOW

Activity Instructions: The purpose of this exercise is to communicate your thoughts and feelings to a person you may not see much anymore, due to life circumstances. This is a chance to say things you never had a chance to say, or to tell this important person about yourself—the challenges you have faced, the achievements you have accomplished, and how these things have made you who you are today. Read the poem below, and then complete the writing exercise on the next page.

A LETTER TO MY DAD*by Sam (age 15)*

Dear Dad,

I just thought you should know what I'm doing now.

I am a strong person who spends his time
looking for ways to become more successful.

I just thought you should know how I'm feeling.

I am pissed because you couldn't be here and watch me grow.
It puts tears in my eyes knowing my father wasn't there.

I just thought you should know what I've been through
without seeing you. Since the last time I saw you I have
grown so much it would blow you away.

The moment I knew I could survive without you is important to me.

What I don't miss is you and your old life. At least
you don't have to worry about your son going down that path.

I just thought you should know
that I wish you could see my success.

I JUST THOUGHT YOU SHOULD KNOW, continued.

Fill in the blanks in the poem below. Use the words suggested or choose your own words to communicate your thoughts as clearly and powerfully as you can. Feel free to add lines of your own, to remove lines, or to change words to fit your purpose.

Dear _____ (Mom, Dad, Sister, Grandma, old friend, ???),

I just thought you should know what I'm doing now.

I am a _____ person

(strong, angry, happy, lonely, ???)

who spends a lot of time _____

(dancing, watching movies, hanging out with my friends, ???).

I just thought you should know how I'm feeling.

I am _____
(happy, nervous, depressed, ???)

because _____

I just thought you should know what I've been through.

Since the last time I saw you, I have _____ so much
(grown, suffered, changed, ???)

The time that I _____ was especially important.

I just thought you should know what I wish for the future.

I hope that _____

I just thought you should know what I don't miss about you.

I am glad I don't have to worry about _____
_____ anymore.

I just thought you should know what I miss a lot.

I miss the way (you, we) used to _____
_____.

I just thought you should know _____