DEAR SIGNED, NOBODY



The

Unsent Letter Journal

Guided letters for everything
you never had the courage to say

BY THE WOMAN BEHIND THE LETTERS

FREE SAMPLE · NO NAMES · NO FACES · JUST TRUTHS

Dear Writer,

Somewhere, you are carrying words you never got to say. An apology you never received. A goodbye you never gave. A truth you were too afraid to tell.

I know, because I have carried them too.

This journal is a place to finally set them down. You don't need to be a writer. Your letters don't need to be pretty, or fair, or finished. They only need to be true.

Nothing you write here ever has to be sent. Some letters are meant to be mailed. Some are meant to be burned. And some just need to exist, so that you no longer have to hold them alone.

Take your time. Skip around. Cry if you need to, laugh if you can, and close the book whenever it gets heavy. It will be here when you come back.

Here, names don't matter. Faces aren't necessary. And silence doesn't have to be permanent.

With you, always,

The Woman Behind the Letters

Before you write

Read slowly. Circle the one that makes your chest tighten. That is usually the letter.

1. Who is the person you think about when you hear the words “I never told you”?
2. What did you love about someone that you never once said out loud?
3. What truth have you been carrying alone, and why did you keep it?
4. Write to someone who changed your life without ever knowing it.
5. What would you say if you knew they would read it, and never answer?
6. Finish this sentence, then keep going: “The thing you never knew about me is…”

WHO IS THIS LETTER FOR? WHAT DO I MOST NEED THEM TO KNOW?

LETTER NO. _____ DATE _____

The Things I Never Told You

Dear _____,

There is something I have wanted to tell you for a very long time.

Signed, _____

After the letter

How do I feel now that it is written?

What did I finally say that I had never said before?

What am I ready to let go of?

Before and after: how heavy does it feel?

BEFORE 1 2 3 4 5 6 7 8 9 10

AFTER 1 2 3 4 5 6 7 8 9 10

What will this letter do next?

◯ Keep it here ◯ Burn it ◯ Bury it ◯ Tear it up ◯ Send it

◯ Read it aloud ◯ Send it to Dear Signed, Nobody

Not every letter needs to be sent.
Some just need to be heard.

This is a small taste of The Unsent Letter Journal: 48 pages, six chapters, 36 prompts and room for every letter you have been carrying. Find the full journal at dearsignednobody.com.

And if one of your letters is ready to be heard, you can send it anonymously to Dear Signed, Nobody. If it is chosen, The Woman Behind the Letters will read it aloud, signed by Nobody, with every identifying detail removed.

DEARSIGNEDNOBODY.COM · LETTERS@DEARSIGNEDNOBODY.COM
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