

# The Story of Our Friendship

**#DoThisThing and tell us how it ends.**

The story of me and \_\_\_\_\_ .  
(fill in the blank with old-BFF)

When we're struggling with any situation, it can be helpful to tell our own stories—even to ourselves. Consciously writing out our own personal narratives, rather than deceiving ourselves with narratives we've adopted over time can be very healing.

Where did you meet? What were your favorite things to do together? What are your favorite things to do now that she's not that into doing with you? What are three valuable things you learned over the course of your relationship? What is the one thing about her that you are super-grateful for?

Write your letter.

Rid yourself of any negative energy around your memories. How?

Reflect on the gratitude piece each night before bed, then set a good intention for her and send good vibes her way.

NEVER deliver the letter. This is for your emotional well-being ONLY.

Be happy, you're growing up!

