

## EXERCISE 5 • CHAPTER TWO • PAGES 59 &amp; 60

**Write Three Letters to Your Father**

Write the following three letters in order. The exercise is a way to have “the talk” with your father between your own two ears. You may decide to send or read these letters to your father; you may not. You may instead decide to read them to a friend or partner. This activity is more about the *process* of writing the letters. What you do with them is up to you.



1. Write to your father about what it was like for you growing up with (or without) him. Describe what was positive, as well as what was difficult or negative. Think about the things you’ve wanted to say to him but never have. You may cover your entire childhood or choose to focus on a particular time period or even a specific incident.



2. Write *from your father’s perspective* (the letter should start with “Dear Son,”). This letter should capture what you imagine your father would say to you in response to letter #1. How would your father react to that letter? Would he accept your point of view? Would he argue certain things? Would he be loving, hurt, or angry? Imagine, as best you can, his response.



3. Write again *from your father’s perspective*. This letter should capture what you hope or wish your father’s response would be. In other words, if he were to respond in the best possible way to reading letter #1, what would he say? This letter is a way for you to imagine your father giving you everything you wished he would have given you.