Validation Letter

In writing this letter it is advised that before you start you read through the entire structure. This is not a letter that you will write and then immediately give to your spouse. This letter is intended to be reviewed and agreed upon with your counselor. Therefore, it may take several drafts. You need to continually be thinking in terms of yourself. You are not writing this to "teach" your spouse. This is an acknowledgment of the condition of your marriage specifically from your perspective. These things must be kept in mind as you write.

Why are you writing this?: this first paragraph will tell your spouse what you intend to accomplish by writing this letter. You might start by saying, "I am writing this to you because..."

What have you noticed in the relationship?: This is where you explain what you see in the interactions between you and your spouse. This needs to be from an observational point of view not one that is attempting to place blame.

What have you done to contribute to what you said in the previous paragraph?:

-Admission of guilt in your contribution
-Your intentions
-The result
-What you have come to believe

Each one of these points should be paragraphs as well.

How has what you've experienced challenged your spiritual beliefs? : Describe your process and what has informed it. For example you might start by saying, "I expected that a 'Christian' marriage would mean that..." AND/OR "I've found out that the bible is truly hard to follow or figure out regarding..."

How are you currently reorganizing your thinking?: For example, "because of these challenges I am coming to see (or believe) that..."

What are your conclusions?: This will describe explicitly what, to the best of your current thinking, do you now believe about the relationship. What are you realizing is the appropriate response in this situation?

- I am officially asking your forgiveness for....
- I am in the process of reconciling myself to your (behaviors, beliefs)...

Each one of these points should be paragraphs as well.

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