

# 5. Love Letters

**OBJECTIVE:** Explore feelings about money and partners' actions and to understand partners' feelings and actions.

**TIME:** 15 minutes

**MATERIALS:**

2 pages of nice letter-writing paper for each participant

Rita's Money Love Letter Handout

**ACTIVITY:**

Explain that participants will write a "Love Letter" to their partner or child or parent, discussing their feelings about money, spending, budgeting, and control. Let participants know that they are writing these letters to themselves. When they are done, they have the option to share their love letters with their partners or just rip them up. The activity is meant to help them explore their own money feelings with respect to their partners and let them put themselves in their partner's shoes.

Each short letter will have six sections:

1. **A Warm Start.** Open the letter with a positive comment or something you appreciate about the person.
2. **Anger.** Talk about what is bothering you. What did your partner do that you feel mad, hurt or frustrated?
3. **Doubt.** How does the situation lead you to feel worried or anxious?
4. **Hope.** How do you wish the situation had been handled? How would you like to handle similar situations in the future?
5. **Regret.** Do you have anything you would like to apologize for about the situation?
6. **Love.** End the letter the way you started it – with a positive comment about something you appreciate about the person.

Read the pair of letters written by "Rita" as an example for the class. You can also provide it as a handout for reference.

Ask the participants to think for a moment about a recent or current money issue and to write a short love letter. Give participants 5-7 minutes to write the letter.

Now, ask them to write another letter, in response to their own letter, pretending to be the person they just wrote. This is an opportunity to write the "perfect response"—how they would like their loved one to respond to their confession.

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