



Write A Letter To A Friend Whom You Haven't Seen For A Long Time

Sit in a quiet place and think of an old friend or relative whom you have not seen in a long time. Share your life with your friend by writing a letter to this person.

Tell him or her about some of the important things that have happened to you in your life since you last met. Before you write your letter, make some notes about two or three of the most important changes in your life. Perhaps one of the changes is your moving to a new country. Perhaps another change is your adjusting to a new life which is different from the life that you knew in your former homeland—what is different now?

Perhaps you have returned to school or have a new love or even a child who has been born to you. Perhaps you are working in a new job. Or, perhaps you have changed a lot from the person you once were. Maybe you have lost a family member. There are happy and sad things you want to tell that person. Have you had some funny or strange experiences that you wish to share? What are the important things you want to tell your friend?

In writing your letter, imagine that your friend is in the room with you and that you are having a conversation together. Perhaps you have a photograph of your friend that you can look at while you are writing your letter to him or her. What would you say to that friend or relative?

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