

What Are You Carrying? Reflection Questions

1. If you were to send this letter to the person(s) to whom it is directed, what do you think his/her/their reaction would be? WHY?
2. What is the strongest or most powerful line in the letter? WHY?
3. What aspect of this letter would you like to improve if only you knew how? Be specific!
4. How did (or didn't) the responders in your group help you? Again, be specific!
5. How does having written about this weight you carry change it?