My Treasure Chest VIII
My Letter of Ultimate Support

Here, I take the time to write a letter that aims to fill my* CLV *(*Core Life Value *or basic relational need). For example, if my CLV is* acceptance (i.e. to feel accepted), *I write myself a letter that demonstrates all the valid reasons for being accepted. If my CLV is to feel* important, *I write myself a letter of support that states why I am important and deserve to be accepted/loved to the fullest as a human being.

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