

Topic: From Me, To Me

Skill: Writing (PBD)

ACTIVITY 1

Completing the essay

Complete the message below with the missing words from the box.

start off	sorry	happens	hurt	wrongdoings
fighting	pain	victim	thank you	love
broken	stronger	yourself	forgive	stand

Dear _____,

To (1) _____ with, I am so proud of you. Life hasn't been too easy on you lately, and I am truly (2) _____ about that. But despite it all, you have managed to keep your head up and continue (3) _____ throughout. Even though you think you are broken, there is so much beauty in your (4) _____. Also, you're really not as (5) _____ as you think you are. You are (6) _____ than anything that has tried to tear you down. You are a survivor, not a (7) _____. So with that, try not to be so hard on yourself, we both know you're doing the best you can.

Stop being so hard on (8) _____. Everything will make sense to you one day. All the pain, hurt, and frustration will become worth it. Remember, everything (9) _____ for a particular reason. You are in the exact place you are meant to be right now. So breathe, be patient, and trust the course of your life. Let go of all the expectations you have created in your head. Accept reality as it comes. Accept life for what it is.

(10) _____ for never giving up and being so tough. You inspire others and you lift them up. Stay strong. (11) _____ up tall. When people (12) _____ you, try and understand their side of the story. (13) _____ them. Learn from their (14) _____, and then let it remain in the past. Not everything is always how it appears. You must always (15) _____ yourself first, before others.

Love,
