

**DEAR MOM LETTER
FOR SEMINARS**

"LOVE" LETTER

Dear Mom, *(or if you have a special name for your mother, use that -- I called my mom, Mama Jo so I would write Dear Mama Jo)*

I'm very busy right now and I don't have time to call so that's why I'm writing you this letter.

You know Mom, not only are you responsible for my very existence, you are also the nourishment that has made my life sparkle. I'm under a lot of stress right now and for some reason, I started thinking about you. It has occurred to me maybe I haven't let you know recently how much I appreciate you and how much I love you.

(Don't write what I'm now going to say. Most of you have a memory of your mother at a birthday party or when she came to your graduation or whatever. I want you to use that in this next paragraph)

I especially like remembering you *(you fill in here that something special)*

Anyway, I'm going to make it a point to see you just as soon as I can.

Love,

*(Sign your name or
your pet name)*

**DEAR MOM LETTER
FOR SEMINARS**

"HATE" LETTER

Dear "Mom": *(no special names for mom here... and... put quotes around the word "mom"... and... put a semicolon after mom, not a comma)*

If I weren't such a long way from home, I probably wouldn't have the guts to tell you this. But, the following has been true ever since I was born. You have made my life a living hell.

Every person I know has a mother that is superior to you in every positive way imaginable.

You are nothing more than a wrinkled up old bitch and, as far as I'm concerned, the biggest waste of skin God ever created. Speaking of God, as the Lord knows, you're certainly not too mentally swift either. So, just in case your low IQ keeps you from understanding what I am trying to say, let me make it perfectly clear...

(now we're going to write our first subhead. this is a new paragraph, centered between the left and right margins and first caps. By first caps, I mean the first letter of each word is capitalized. And, if you were typing this, it'd also be bold)

Eat Shit And Die!

Please don't call or write me. I have no inclination whatsoever to communicate with you ever again.

Reluctantly your son,
(or daughter)

(sign your name)

P.S. Dad sucks too.
