

# LOVE/BREAKUP

## LETTER

If students are having a hard time finding a technique that gets the type of information that they are after then the love letter and the breakup letter may be just the one to try.

**The love letter and the breakup letter provide a creative outlet for individuals to discuss either what they love or what they hate about certain aspects of their work, the tools or processes that they use, and/or their environment.**

### **DIRECTIONS:**

Prior to the meeting with the individual that they are interested in learning more about, have the students decide upon what position they would like to know more about. For example, what aspects of their job do they love? Which do they hate? Are there certain tools, processes, or people at their job that they could not live without?

At the actual meeting with the person, the students should provide the person with paper and a writing utensil and ask them to write either a love letter or a breakup letter related to the focus that they chose. For example, if the students decided that they would like to know whether there are any tools or objects that they used often and could not live without at work, they could ask the person to write a love letter to the object or tool.

This should be done in person and not ahead of time. Giving the participant too much advance warning will cause them to overthink what they should write within the letter.

Have the students read through the love and/or breakup letter to see what they can learn. Are there any insights that they can glean based upon what they did and did not write about within the letter(s)?

