MAIL TO SELF

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Writing a thanks for breaking my heart letter to someone you were in a long term committed relationship with

Dear (Name),

I never thought I would have to deal with living without you, but I have learnt how to do it just fine. I was heartbroken for some time, but now I would like to thank you for breaking my heart. Due to the heartbreak I experienced, I was able to learn more about myself. I was able to grow as a person as well. Thanks for breaking my heart.

Yours Truly,

(Your Name)