

The Mail You Have Not Opened

For the stack you walk past every day. One small step toward facing it.

WHEN TO USE THIS

Use this when unopened post has been piling up.

How does the pile feel when you look at it?

0

1

2

3

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10

Fine

I cannot go near it

Roughly how many are there, and how long has it been?

A guess is fine. No one is checking.

What are you afraid is inside?

Open one. Only one. What did it say, and what does it actually need?

Maybe nothing. Maybe a call. Maybe a date.

One envelope is not the pile. Today, one is enough.