

Guided Letter for Grief



Writing a letter to the person you have lost can be healing.
Use this space to express what you could not say, or what you wish they knew

Dear _____

I have been thinking about you a lot lately. What I miss the most about you is...

Since you have been gone, my life has changed in these ways...

Something I wish I could tell you is...

I sometimes feel...

But I am also trying to...

I carry your memory with me in these moments

With love,
