

Letter to my Loved One

When you're missing your loved one, writing a letter can be a very therapeutic and helpful thing to do as it gives you a chance to get the emotions out of your body.

If this feels right to you, then I encourage you to do so. You will find that once you start, the words will just continue to flow

Write as though your loved one is still here and you are speaking to them on the phone. You're not pretending that they are still here, but rather imagine that you can still talk to them.

Don't stress about perfect sentence structure or spelling, just write!

You can write about anything, whatever feels right to you,
But here's a few prompts to get you started:

- The things you love and appreciate about them
- Things you want or need to express like "I love you, I miss you, or I'm okay"
- Write about a favourite memory you both shared
- Tell them what's been happening for you lately
- Express to them anything that's been worrying you
- Share any happy or exciting news you have
- If you have any regrets, let them know

Other ideas:

- I want you to know how grateful I am for...
- I wish we had talked more about...
- I need you to forgive me for...
- Looking back now I wish...
- You were an incredible....
- I'm so proud that you...
- I feel angry that...
- When I think about you, I feel...
- What I miss most about you not being here is...
- If you were still here with me, I would try to resolve...
- I will continue to honour your memory by...

Remember, it is your letter and you can write whatever you want. There are no right or wrongs.

Once you have finished, decide what you want to do with the letter. You might like to keep it with your journal, put it somewhere private, throw it away, share it with someone, or 'send' it to your loved one by setting it alight (in a safe place) and watching the smoke take the words to them.