A letter to someone I have lost

For the things that did not get said.

There are often things left unsaid when someone dies. Writing a letter gives you a way to say them. Nobody else needs to read it. You do not have to do it in one go.

Prompts, if you want them

- What I miss most about you is...
- A memory I keep coming back to...
- Something I never told you...
- I am sorry for...
- I forgive you for... or, I am still angry about...
- Thank you for...
- Since you died, I have...
- What I want you to know is...

Dear

Afterwards

- You might keep the letter, read it at the grave, burn it, or put it away in a box.
- Notice how you feel. Give yourself some quiet time.
- You can write again, whenever there is more to say.

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