

Our Letter to the Person We Miss

You are both coping with the death of someone. This is a really difficult time. Sometimes, there are things that you want to say to the person who has died. It can be really useful to write a letter to say everything. It may help you feel better and feel more in control of the situation.

You might want to write a letter on your own. This is OK but it can be very helpful to write one with someone else who has experienced the loss. Sit down together and share what you would like to say before writing your letter.

Writing the letter together will help you to talk about how you are both feeling and share ideas about how to manage those feelings. You may want to include drawings or put special keepsakes in the envelope. How you do this is up to you.

Hopefully, through writing this letter, you will be able to share special memories and tell stories that maybe one of you did not know about before. There could be moments of laughter for you both to share.

Once you have written your letter, you need to both decide what you want to do with it. For example, you might want to keep it in a special place and re-read it together in the future. Whatever you decide is your decision – there is no right or wrong.



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