

SPIRITUAL JOURNALING

A LETTER TO MY LOVED ONE

Writing a letter to a deceased loved one can help you say and/or address things you didn't get a chance to and wish you had. Some find letter writing cathartic in that it allows the writer to express things or emotions they wouldn't say out loud, such as anger, guilt or shame. Others use letter writing as a way to connect with—or stay connected to—their loved one.

Use the prompts below to help you get started, or just write whatever is on your heart. Imagine your loved one sitting across the kitchen table. What do you want him/her to know? If you could go back and say something to your loved one prior to his/her death, what would you say? Write as many letters as you want.

PROMPTS:

- I am writing you to express my feelings regarding . . .
- I am writing to you to ask forgiveness for . . .
- I forgive you for . . .
- I want to thank you for . . .
- In closing, . . .

Dear _____,

Love,

