



The Goodbye Letter



Sometimes when people die, we feel sad that we did not get to say certain things.

It might be sorry or thank you or I love you. It could be anything, but left unsaid

it swirls around in our head with nowhere to go. Getting these thoughts out into a letter to the person who died lets us express what we want to say and helps our mind feel clearer as our jumbled thoughts are given order.

Have a go at writing your goodbye letter and saying all you want to say.

When you are done you might find you feel lighter and relieved.

You might want to read your letter to someone who will understand or someone who can support you or it might just be private, and you might want to stash your letter in your memory box or destroy it. It is totally your choice. It is your chance to say the goodbye you wanted to say.

If you write a thankyou letter you might want to write a list of all the things you are grateful for that the person who died brought into your life and the things you are going to carry forward and keep on enjoying – in this way you keep the spirit of the person who died alive in your life and it can help you miss them just a little less.

A Thankyou Letter



