

A LETTER TO YOUR LOVED ONE



Writing a letter to your loved one can be a powerful way to **explore your feelings**. Use the prompts below or a blank sheet to **reflect on your relationship** and what it means to you. Complete as much or as little as feels right, then choose to **share, save, or shred** (many find shredding provides a sense of release).

Dear _____

What I have always wanted to tell you is _____

What you never understood was _____

What I want you to know about me is _____

What I now realise is _____

The one question I have wanted to ask is _____

What I want you to know about my life is _____



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I miss not being able to _____

I need to ask your forgiveness for _____

I feel sad that you won't be there when I _____

My most special memory of you is _____

What I miss the most _____

You made me proud when you _____

I love you because _____

If you were here now, I would tell you _____



A LETTER **TO** YOUR **LOVED ONE**



I think if you were here now, you'd tell me _____

I am grateful for _____

I am going to carry you forward by _____

I feel good knowing that _____

Thank you for _____

