

# 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 \_\_\_\_\_

\_\_\_\_\_



# A LETTER TO YOUR LOVED ONE



*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* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

