

# Grief letter template.

When you have experienced bereavement it can be helpful to write a letter directed to the person you have lost, to express how you feel and to start making sense of your experiences. An exercise such as this is highly personal and you are encouraged to write whatever feels right but we have included some prompts to help you with the process.

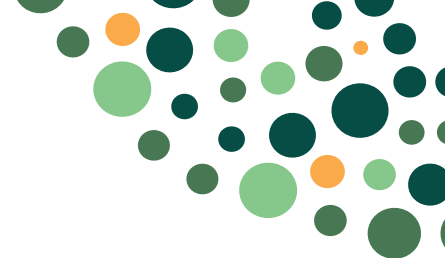
**Dear**

It can be helpful to start with why you felt you needed to write this letter...

Express how it feels to not have this person in your life anymore. Name any emotions you have been feeling. There may be sadness but there may also be anger, relief, guilt, anxiety...

If appropriate, note all the things you miss about this person. Make a note of the things you will want to remember about them as you continue with your own life...

If appropriate, write what you think you will be missing out on in the future now this person is not around. Maybe you had plans and dreams together? Maybe there are special occasions you will have wanted them to have been there for?



## Grief letter template (cont.)

Were there any complexities or challenges in your relationship with this person? It may be helpful to write about them here and reflect about how these challenges impacted your time together but also how it impacts you now that they have died. Consider how the complexities of your relationship has shaped your grief...

Is there anything you wish you could have said to them whilst they were still alive?

What, if anything, has your grief taught you so far? About yourself, about them, about your relationship, about people, about life...

What do you think this person would say to you right now? What do you think they would want you to know? How would they like you to live your life without them?

Are there ways that you wish to honour this person in the future? This could include changes you are going to make in your own life, or ways that you will create a legacy such as fundraising etc. If appropriate, are there ways that you would like to make them proud?

# Grief letter template (cont.)

If you have spiritual or religious beliefs, it may be helpful to reflect on them here. What does your belief system say about loss and grief? What do you believe about the afterlife? How has your experience of bereavement impacted your spiritual or religious beliefs? Have your beliefs changed? Are your beliefs a comfort at this time? How do you hope to use spirituality and religion as you move forward?

If you do not have any relevant spiritual or religious beliefs, or do not believe in an afterlife, how does this impact your bereavement and experience of grief? Have you any other relevant thoughts or reflections about mortality?

You may wish to end your letter with any kind words, or words of affection towards the person who you've lost...

[Insert sign off]

[Your name]

Investing in Wellbeing's resources are designed to support self-help and are not a replacement for professional intervention. If your difficulties persist or worsen please seek advice from a health professional.

