

## A Letter to a Loved One

Sometimes when you lose someone, it happens suddenly. You might have left some things unsaid or you may have lost them before you talked to them one last time.

This activity gives you the opportunity to write a letter to your lost loved one. The activity has two options, you can either write your own letter or use the prompts provided. This can be a very emotional and difficult process, so feel free to do whichever method works best for you.

### Letter to a Loved One: Outline

Dear:

I want you to know that:

When I think of you, I

and sometimes I

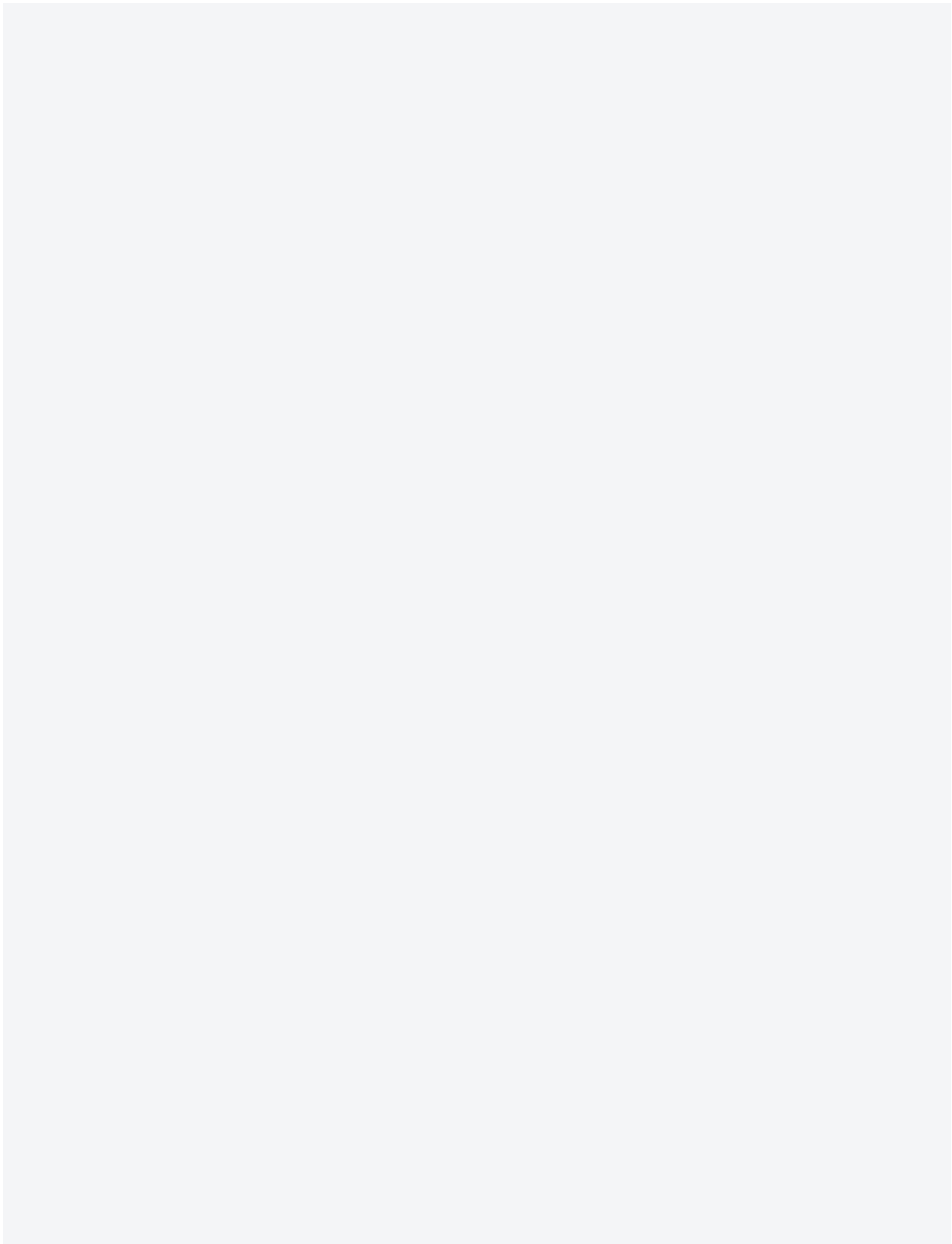
When I think about the times we had together, I feel

Some of my favorite memories with you are

Thank you for

Love:

## Letter to a Loved One: Self-Guided



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