A Letter to the Person I Lost

Grief is a relationship that continues, transformed. This letter keeps it going.

Some find that writing a letter to the person they lost gives the relationship a place to keep going. The prompts below frame the letter. You can write inside them, or use them as a starting point and write more on another sheet. There is no order you have to follow.

Dear

What I want to tell you about my life now

The everyday parts. What you would have noticed.

What I miss about you, in specifics

Not just that you are gone; the particular things only you did.

Educational content; not a substitute for therapy. If you are working through something significant, consider connecting with a counsellor or your family doctor.

A Letter (continued)

What part of you lives on in me

A way of seeing, a phrase, a habit, a value you gave me. What I learned from you and still carry.

Where I am stuck

What still does not have language. What you would help me say if you could.

What I would want you to know

Anything that did not get said, or anything that did and bears repeating.

You can write this letter once, or every year, or any time the missing comes up.

Book a free 15-minute consult

A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.

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