



# *Family and Caregiver Education*

## **BEREAVEMENT**

### **Ideas for Letter Writing**

You may find it helpful to clarify your thoughts about your grief by recording your feelings in the form of a letter. Write a letter to your mother, for example, expressing your thoughts and feelings about the following issues.

- A special memory that I have about you.
- What I miss the most about you and our relationship.
- What I wish I'd said or hadn't said.
- What I'd like to ask you.
- What I wish we'd done or hadn't done.
- What I've had the hardest time dealing with.
- Ways in which you will continue to live on in me.
- Special ways I have for keeping my memories of you alive.
- I miss you because...
- It's been hard to let go of the pain because...
- I still feel guilty about...
- I sometimes feel angry that...
- I continue to feel sad because...
- One thing that has changed since your death is...
- The way I will always remember you is...
- The song that reminds me of our relationship is...
- One thing I'd like to tell you if I could talk to you for one more minute is...

Choose one or several ideas that have significance for you. These topics may serve to help you come up with your own ideas, specific to your situation and relationship with your mother.

Smith, Douglas C., M.A., M.S., M.Div., *Different Ways of Grieving, Different Ways of Healing*, The American Academy of Bereavement

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