

## **Taking Care of Unfinished Business – Write a Letter to the Person who Died**

**Goals:** To help identify, externalize, and address feelings that may be hindering grief work.

**Materials:** Pre-printed letters, Pencils/Pens

**How the activity works:**

- Discuss with the concept of “unfinished business.” What do they think it means? What things do they wish they would have gotten a chance to say or do before the person died? Is there anything they are carrying around that makes them feel guilty?
- Process the above questions with participants, then give them time to write a letter to the person who died to address any “unfinished business.” Depending on the situation, they may want to say things they did not get a chance to say, tell the person how they feel, write an apology, etc.
- If someone is having a difficult time writing the letter, a more structured format might be helpful, and the worksheet provided below could be used.
- Ask if anyone wants to share his or her letter.

Dear \_\_\_\_\_

I'll never forget the time we \_\_\_\_\_

I wish I told you \_\_\_\_\_

I really miss the way you \_\_\_\_\_

You'll never believe this, but \_\_\_\_\_

If you were still here, I think you would be \_\_\_\_\_

If you were still here, I think I would \_\_\_\_\_

From \_\_\_\_\_