



Permission to Grieve

A compassionate letter to yourself

Grief does not always look the way we expect it to. Sometimes we minimize it, rush it, or tell ourselves we should be over it by now. This letter is an invitation to slow down and give yourself explicit permission to grieve—in your own way and in your own time.

How to use this letter

You can write this letter all at once or return to it over time. There is no need to be polished or positive. Let the words be honest. You may write in the first person, or imagine writing to a younger version of yourself.

Begin your letter

Dear _____,

I want to give you permission to grieve...

I give you permission to feel:

☐ Sadness ☐ Anger ☐ Relief ☐ Confusion ☐ Longing ☐ Numbness ☐ Fear ☐ Guilt

And any other feelings that arise:



I give you permission to grieve the parts that others may not see or understand:

I give you permission to take your time:

I give you permission to rest, to remember, and to care for yourself as you move through this.

With compassion,

After writing (optional reflection)

After completing this letter, pause for a moment. Notice what you feel in your body or emotions. Is there anything you need right now?

Grief is not a problem to solve. It is a response to something that mattered. Offering yourself permission is a meaningful act of care.