

LETTER OF LOSS

On a separate piece of paper, write a letter to _____. Use the following sentence beginnings as guides to get you started.

1. In losing you, I have lost...
 - a. When I think of you, I remember...
 - b. What you meant to me was...

2. What I miss about you is...
 - a. I appreciated you for...
 - b. Pleasant times I remember with you are...
 - c. I respect...

3. I am angry at you for...
 - a. I felt hurt/shame/disappointment when...
 - b. I felt lonely/fear when...
 - c. I feel guilty about...
 - d. I regret...

4. I forgive you for...
 - a. I forgive myself for...
 - b. The hardest thing about letting go is...

5. Losing you has changed me in this way...
 - a. What I will always cherish about you...
 - b. What I will do differently in my life because I have known you...
 - c. What I learned from you...