



A Letter to You from Your Loved One

Written by Stephanie Elson Gunner

Dear _____ (insert your name):

I want to let you know...

I am sorry...

I never...

I hope you know...

I know it has been difficult lately, especially...

Concerning this difficulty, the advice I would give you is...

I remember the time we...

I miss...

I am so proud of you, especially...

The one thing I wish I told you before I died is...

I've learned...

I really want you to know that...

It is okay to...

What I want for you is...

With love, _____ (name of loved one who died)



Questions to Begin Processing “The Letter”

1. Was it easy or difficult to write this letter?
2. Do you feel the letter captured your loved one’s “voice”? What was it like for you to connect with their “voice”?
3. Did the letter remind you of anything that you have not thought of lately?
4. Was there anything that was written that surprises or impacts you? What is it? How does it affect you?
5. Has this experience changed any way you have been thinking about your grief?