

Writing a Loss Letter

*Identifying What Feels Unfinished
to Help You Move Forward*



Because it doesn't matter if you fall.
What matters is how well you bounce.

WRITING A LOSS LETTER

Processing Your Loss Through Writing

Writing a loss letter isn't about reliving pain, or re-opening old wounds. It's not about "moving on" or "getting over it".

It's about acknowledging that some things may feel unfinished, and about helping us move forward with a little bit more peace, and a lot of self-compassion.

Step #1

Choose a calm, quiet time, when you're not likely to be disturbed

Somewhere you feel emotionally safe and somewhat private.

Make yourself a soothing drink. Tea, hot chocolate, or maybe a glass of wine.

Have some Kleenex close by. Just in case.

Some people find it comforting, or that it helps create a connected atmosphere, to light a candle.

Step #2

If you're nervous about writing your letter, try a grounding technique to calm you

Deep breathing exercises sooth your nervous system.

Touching something alive (like a plant, flower, or tree) can help ground and calm you.

A few moments of Mindfulness - perhaps while you're making your tea - can be very helpful for calming and centering you.

Try hugging your pet or going out and sitting quietly in nature for a few minutes.

Step #3

Decide who (or what) your loss letter will be to

This can be to anyone or anything you are grieving for.

- A person you miss
- A body that no longer works the way you wish it did
- A dream that was never fulfilled
- A season of your life that you feel you will never get back

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Prompts to Help You Start or Write Your Letter

Questions to help you frame your letter.

- What still feels unresolved when I think about this loss?
- Is there something I didn't say or do out of insecurity, fear, or self-protection?
- Is there something I regret doing - or not doing - before this loss changed my life?
- If I could speak freely, without worrying about being judged - what would I say?
- What have I learned from this loss?
- What do I miss most?
- What hurts... but also what matters?

Ideas to help you express your thoughts and emotions

- My best memory of you is....
- When I think about you (or what happened) I feel...
- It's been hard living without you because... / My life has changed because...
- I really wish that... / Looking back now...
- It feels strange to... / Sometimes I think about...
- I remember the way you used to... / Do you remember the time when...
- What I miss the most is...
- You were an incredible...
- I wish I could have told you... / I want you to know...
- You meant (x,y,z) to me
- I'm so angry that you...
- I never wanted...
- I regret never....
- What I learned from you is...
- How could you...
- I have learned to appreciate...
- I hope that...
- I forgive you for...

