

Grief Letter Guide

Say what still needs to be said.

Grief doesn't follow a schedule. Some things go unsaid — not because we didn't want to say them, but because the moment passed before we could. This guided letter is a space to say them now. You don't have to send it. You just have to mean it.

This guide can be used to write to someone who has died, a relationship that ended, a version of yourself you've lost, or anything that grief has taken from you — a dream, a season of life, a sense of safety.

BEFORE YOU WRITE

- Find a quiet space where you won't be interrupted.
 - You may feel emotion rise as you write — that is the point. Let it.
 - There is no right way to do this. Write what is true, not what sounds right.
 - You can stop and return to it. Grief is not completed in one sitting.
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THE LETTER — FIVE SECTIONS

Work through each prompt in order. Write as much or as little as you need.

1. WHAT I MISS

Begin here. Name what you miss — specific, sensory, honest. Not just the person or thing, but the particular things. The sound. The habit. The feeling of before.

2. WHAT I WISH I HAD SAID

What were the words that never came? What did you want them to know — about your love, your gratitude, your regret, your pride in them?

3. WHAT I AM ANGRY OR CONFUSED ABOUT

Grief often carries anger, guilt, or confusion that feels wrong to admit. This is a safe space. Write the hard feelings without editing them.

4. WHAT YOU GAVE ME THAT I STILL CARRY

What did this person, relationship, or season give you that lives in you still? What did they teach you? What part of them is now part of you?

5. WHAT I WANT YOU TO KNOW

Close the letter with what you most need to say. This is your ending — write it in whatever words feel true.

AFTER YOU WRITE

Writing a grief letter can stir up powerful emotions. Be gentle with yourself afterward.

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| Keep it private | Place it somewhere safe — a journal, a box, a drawer. It belongs to you. |
| Read it aloud | Reading your own words out loud gives them a different weight. Some find this healing. |
| Share it with someone safe | A trusted friend, therapist, or grief group can hold space for what you've written. |
| Ritual release | Some people burn the letter, bury it, or place it with something meaningful. Any of these is valid. |

If grief feels unmanageable: You don't have to carry this alone. A grief counselor or therapist can walk alongside you. Psychology Today's therapist finder ([psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists)) can help you find someone who specializes in loss.

"We do not move on from grief. We move forward — and we carry them with us."

— *Kindle the Light*, Chapter 6