

Letters

NEVER SENT

There are some things that we would only want to tell our person. With them no longer physically here with us, we may feel that deep longing and sadness when we are not able to share our thoughts and feelings in the way we are so accustomed to doing.

The practice of letters never sent allow us to still keep that special bond with our person, just in a new way. It's a cross between journaling and writing a letter to your person. There might be times when you just want to list things that remind you of them, just as we would share when we were in person. Other times it might feel right to write about an old memory, or tell a new story. There are even empty pages to fill with pictures you want to share with them, or other things you might be able to tape to the page, that feel important to your bond with your person.

There are no rules to how this should look or what you use these pages for. This practice is as unique as your special relationship with your person. Embrace this in your own way and see how it feels to allow yourself to continue that important bond in a new way. Take pages out, add more or new ones - whatever feels right for you.

Please remember that this practice is not intended to "fix" our feelings of missing our person, rather it gives us a new practice to figure out how we would like to stay close to our person as we move forward in the new-ness of our grief journey.



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