



Letter to My Loved One

Writing a letter to your loved one can help you in your healing journey. Be honest. This activity can be difficult and very emotional, take your time and allow yourself to feel your feelings. Talk to somebody about your feelings and thoughts if you need to.

Dear

I miss you.

Now that you are gone I feel

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If you were here today I would tell you that

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What I remember about you most is

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What I love about you most is

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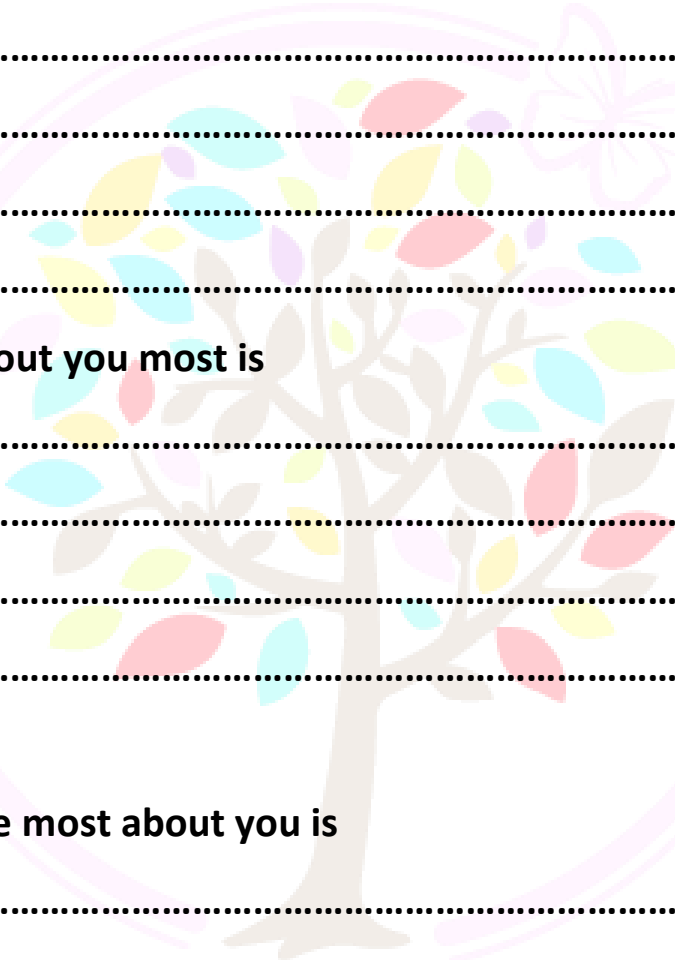
What I miss the most about you is

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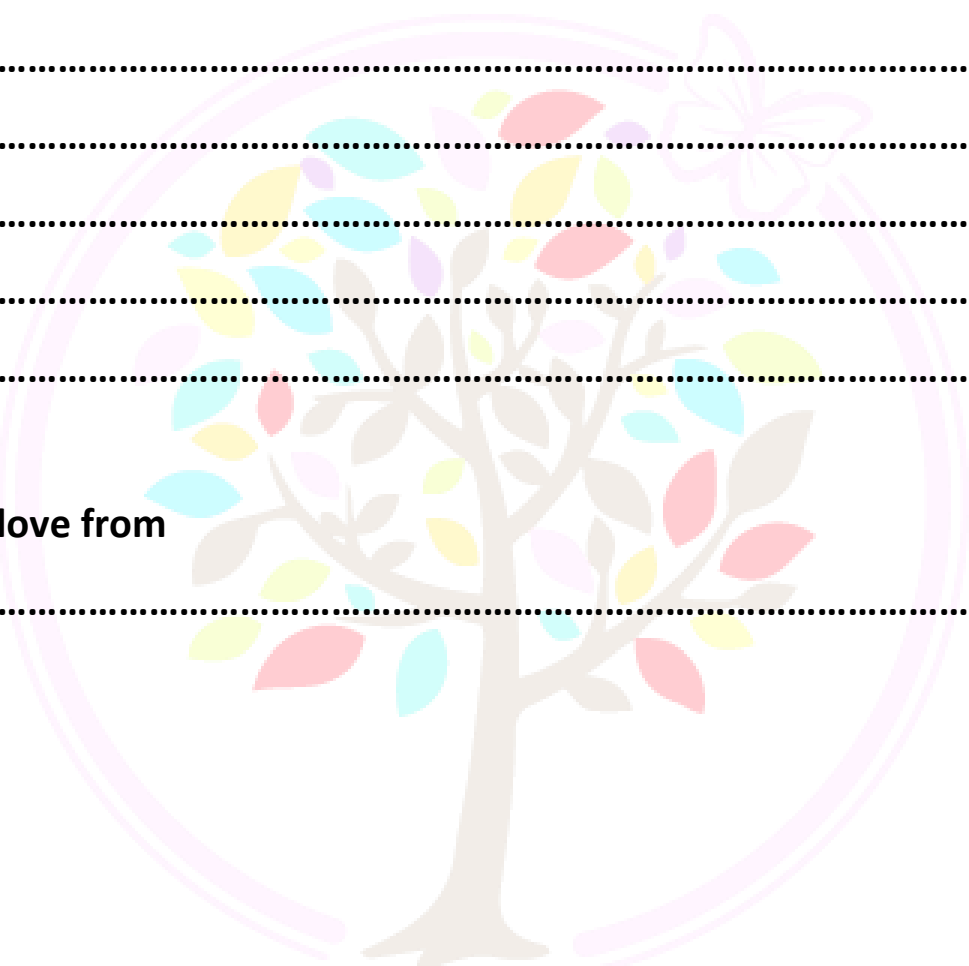
Simply Beautiful World

I just want you to know that

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All my love from

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Simply Beautiful World