

DEALING WITH GRIEF: A PRACTICAL AND POWERFUL TOOL

A FEW INSTRUCTIONS BEFORE YOU BEGIN

Be Prayed Up

Spend some time praying in preparation for this special time that you will have writing your letter.

- Ask God to truly use the letter in your life
- To bring clarity of thought
- To grant you an open heart to deal with the issues and emotions that will come up during your writing

Be Alone

Send the hubby, the children, even the dog, out of the house for a few hours. This is a sacred time.

Be Prepared

You need to have zero distractions during this time:

Here's a checklist for you:

- Go to the bathroom
- Have a drink of water or a flask of tea/coffee beside you
- Turn potential distractions off eg. phone
- Be equipped with tissues ☺
- Pen and lots of paper

Ideally, you should not get up and away from your letter during the entire time of writing.

Be Old Fashioned

Yup, you're going to put pen to paper! Be far away from a computer to eliminate temptations.

Be Real

Last, but by no means least, understand that you are not writing this letter for the sake of your loved one. You are writing it for the sake of your future, your family, and your freedom. So be real. Give it your all, dear one, and write from the depths of your heart!

5 ELEMENTS TO INCLUDE IN THE LETTER

(IN THIS ORDER)

Give an Update

The first thing you are going to do is to share with your loved one what has been going on in your life since he/she passed away. Tell them everything you want them to know about the children, your spouse, the house you purchased, and events that have happened since you last saw them. Share anything you would like to tell them about your life.

"Thank You For..."

Next, write everything, no matter how small or insignificant it may seem, that you would like to thank your loved one for. Be sure not to leave out items that you would like to thank them for not doing/being/going, etc. Feel free to be random, it doesn't have to be in chronological order, or from greatest gratitude to least. This is your letter, so you get to write whatever you want as it comes to mind!

"I'm Sorry For..."

This is pretty self-explanatory. Tell your loved one everything that you are sorry for. You'll find it's incredible how much has been left unsaid that you wish you could apologize for, but never thought of or got the chance to say. Include the big and the little stuff. Whatever comes to mind.

"I Forgive You For..."

Sometimes we know all too well what we need to forgive our loved one for. But often, we don't know until we start to remember the nitty gritty of our relationship, and the inevitable hurts and pain associated with almost any relationship on this earth. Again, the big and little things...

"Goodbye"

The final piece to complete this puzzle; one concluding gesture as you release your loved one from your life, and that is to say, 'Goodbye.'

Saying 'Goodbye' does not mean that you will no longer think about, long for, miss, or even grieve for your loved one. It is simply a necessary step in going on with your own life. Now that you have expressed what was weighing you down, and preventing you from truly living your life with a light and free heart, it is time for you to say, 'Goodbye.'