

Letter Writing Prompt

Overview

Grief often holds things we never got to say—or didn't know how to say at the time. This letter-writing practice offers a safe, private space to express thoughts and emotions without needing to edit, explain, or send anything.

There is no right way to do this. You may write a few lines or several pages. You may feel relief, sadness, anger, or nothing at all. All of it is okay.

This prompt is not about finding closure or "moving on." It's about giving your grief a voice, releasing what's been held inside, and allowing honesty without judgment.

You are in control the entire time. The letter is for you—and only you.

Use this practice whenever words feel stuck, emotions feel heavy, or you simply want to feel a little less alone with your grief.

Activity

Option 1: Write a letter to the person you lost letting them know how you feel about their loss and how your life has changed because of it

Option 2: Write a letter from the person you lost to yourself in their voice.

Option 3: Write a letter to yourself before the loss.

