



## Letter to Me

Dear \_\_\_\_\_ (my name):

I want to let you know...

I am sorry...

I hope you know...

I know it has been difficult lately, especially...

Concerning this difficulty, the advice I would give you is...

I remember the time we...

I miss...

I am so proud of you, especially...

The one thing I wish I told you before I died is...

I really want you to know that...

It is okay to...

What I want for you is...

With love,

\_\_\_\_\_ (your person who died)

Adapted from Stephanie Elson at The Amelia Center, Birmingham, AL