

# Honesty Letter [To **GRIEF** and **LOSS**]

DEAR \_\_\_\_\_, Today's Date: \_\_\_\_\_

I really miss you, why did you have to \_\_\_\_\_

I sometimes get angry when I think about \_\_\_\_\_

Why did you have to \_\_\_\_\_

Why couldn't you have \_\_\_\_\_

I still carry a lot of **hurt** inside because \_\_\_\_\_

And It makes me feel sad when I think of \_\_\_\_\_

All I ever wanted was \_\_\_\_\_

But, you \_\_\_\_\_

My biggest fear **back then** was \_\_\_\_\_

My biggest fear **today** is \_\_\_\_\_

I still feel some guilt because I \_\_\_\_\_

And sometimes I feel some shame for \_\_\_\_\_

I'm realizing that probably my **deepest** hurt of all is \_\_\_\_\_

My greatest wish for **you** in the future is \_\_\_\_\_

And, my greatest wish for **myself** in the future is \_\_\_\_\_

I'm probably going to continue to hold on to my Regrets and my grief about you until \_\_\_\_\_

What I need to do so I can finally come to peace over losing you is \_\_\_\_\_

In conclusion, I'm sorry for \_\_\_\_\_

Signature: \_\_\_\_\_