

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)*