Letter Writing Exercise

3 letters

1) Express and process the loss – write a letter to the individual and express all the good and the bad and how you feel in response to the loss

2) The Healing Letter: Write a letter back to yourself from the individual – his higher self – with the words you would need to hear in order to heal and move forward.

3) Closing Ritual: share the letters with someone close and then find a ritual that is unique to the relationship or to yourself that will help you to close and end.