

Grief Exercise Good-bye Letter

Given to Frankie Ann at Choosing Peace by Counselor and Grief Expert Liz Taylor

Identify losses in your life. Write a letter directed to one of these losses using the following phrases.

I feel relieved that...

I feel angry about...

I regret that...

What I dislike about you is...

What I really like about you is...

My resentments with you are...

What I appreciate about you is...

What I would like you to know about me today is...

What I think you needed from me and did not get is...

What I think I needed from you but did not get is...

I smile when I think about...

I feel sad when I think about...

I am afraid that I...

I am afraid that you...

The way I would like to remember you is...

The way I would like you to remember me is...

The lessons I learned from you are...

I would like to make amends for...

I am now willing to forgive myself for...

I am now willing to forgive you for...

What I am willing to do for you now that I am clean & sober:

What I will need from you now that I am clean & sober: