

Exercise sheet

LETTERS TO THE ONE THAT I LOST



1

First letter: I write a letter to the person I've lost as if (s)he could understand everything, hear everything, without censoring the words that come to me or the emotions, until I feel like I've said everything.

2

Second letter: I write the story of our relationship and the circumstances of his death. I note the significant dates of the person's life: his birth, deaths at Course in our history, religious, family festivals, special events.

- I go back to the story of the death to subdue the trauma when moving on to the story of attachment with the lost person that is different from the event of the loss.
- I write who the person was, their culture, their life, what made them human in my eyes, shining a beacon for me from a peaceful place.
- I write to the person about how I will use my life to respect the life and memory of the loved one who's gone.

Dear

History of our relationship:

Circumstances of your death:

Significant dates and events in your life:

History of your death:

Who you were:

How I will live without you in respect of your memory: