

When Someone You Cherish Has Passed On... by award-winning author and stress relief expert Susie Mantell

When we lose someone we care for, our hearts open to a flood of feelings and as the gates of the heart open, we cannot specify what we're willing to feel, or wish we could suppress. Each loss reminds us of every other sorrow we have known.

In addition to missing a loved one's laughter, their wisdom, the unique bond shared, and their very presence in our lives, some of the grief we experience may also be for words left unsaid. Perhaps we never got to share a secret, or say how much we cared. Maybe we owed someone an apology. Take a few quiet moments to fill in the *Thank You Note* below. When you're done, I recommend going outdoors to someplace beautiful, and reading it aloud. Bring tissues. And remember — this is an exercise you can repeat any time as needed.

Date: ____/____/____

Dear _____,

I miss you. Your death left me feeling _____.

I miss your _____ and wish so much that we could sit together and _____.

As I recall the time we shared in each another's lives, I want to thank you for _____

If I could tell you one more thing it would be that _____

I want you to know that one way in which I will honor your memory is that I will _____

You were _____ and I _____ you,

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