

Letter Template to Say Good-Bye Well

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When you say goodbye well you show honor and appreciation for the good that the person/animal/situation brought to you.

Saying goodbye well allows you to grieve the loss you had and allows your brain to become open and available to more readily enter into other relationships and accept the love and care of others.

Saying goodbye well teaches your brain how to better handle grief and loss. When we do not learn this skill, we tend to avoid or sabotage intimate relationships in the future because we begin to unconsciously fear that they might come to an end.

Template/Ideas to get you started. Please, *chose a non-traumatic animal/person/situation*

- 1) Write a paragraph or two about how this person/animal/situation personally impacted you, what you will miss the most, and moments that you treasured.

- 2) Write a paragraph or two about how the support they offered helped you through tough times and helped you grow.



3) Write about lessons that they taught you.

4) Tell them about the ways that they hurt you (remember... to grieve well you need to integrate the good and the bad).

5) Write about things that you regret and ways that you would interact differently if you had a "do-over." (Ask for forgiveness if you feel it is necessary).

6) Write about things that you will always value... (things/ lessons/ experiences together/ support felt, etc.).

7) Close by saying goodbye (E.g., This is the time to end the chapter. Goodbye, _____).

8) Read this letter to a **safe person** and once done reading, ask them to (1) tell you the emotions that they felt/ are feeling, (2) which parts of your letter touched them the most, and (3) how they were touched.