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## Healing Challenge: Regret

Every loss includes regret -- things we wish we could say to or do with our deceased loved one. Although we don't have direct access to our loved ones, we can symbolically communicate and share things with our loved one. A key part of this is identifying what we are looking for or what we hope to receive from them.

### Healing Regret

- Begin with a specific list or understanding of your sense of regret. What do you wish you had done or said (or not done or said)?
- Brainstorm ways to symbolically communicate this to your loved one.
- Write them a letter and read it to them.
- Go to their place of final rest or other location and talk to them?
- Is there another place where you hope you could experience some healing? Can you travel there?
- Although we are using symbolic ways to connect with our loved one, don't underestimate the power of symbolic communication. After all, much of our communication with the living is also symbolic (e.g., symbolism of wedding rings, symbolism in religious rituals such as baptism and communion, etc.)

### Journaling Prompts

What would you say to them if you could talk directly with them? What is a question that comes up in your mind again and again? What would you like to hear from them? What was the tone or topic of your last conversation with them?