

GriefPlan.com

with Dr. Jason Troyer



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Writing Letters to Heal

Letters are powerful because they allow us to communicate with our deceased loved one. They can provide a symbolic way to find healing, offer/seek forgiveness, express regret, share anger and frustration, and update our loved one.

Who are you writing to? Can write to:

- Your deceased loved one
- To yourself (to your current self, to a younger or older version of yourself, etc.)
- To another person with whom you need to communicate something about your grief

What is the purpose of your letter?

- Seek forgiveness or express forgiveness
- Express anger and frustration
- Offer an explanation
- Express pride or share an accomplishment
- Ask questions
- Update them on current life events

What is the purpose of your letter?

- Send to someone (living)
- Burn it
- Keep it
- Send it to me. I won't read it or share it. I'll burn it at the cemetery where I work. See **RED** inset box.

Send me your letter to be burned

This is **NOT** for correspondence. This is simply to be a place where you can send your letter that you want burned. Please use proper postage.

Send to:
Grandview Cemetery
Attn: Troyer - GriefPlan - BURN
2304 Tuckaleechee Pike
Maryville, TN 37803