

Exercise - Write a Letter to Your Spouse/Partner

You do not want to let your loss keep you from living your life. The past is the past, and you can't go back. So, it's important to grieve your loss, but then you must accept it and move forward. You will miss your loved one for sure, but you must work to release the physical part of them, knowing that you will see them again. This can set the heaviness free from your heart and can help replace your sorrow with a deep comfort. Knowing that they are still here, that they will always be with you, and they will love you forever. They will be letting you know that everything is okay and encouraging you on your journey forward.

You want to say your goodbye to them in life and then move them to your heart. One way to do this is to write a letter to them telling them how you feel.

Write to them how you feel from the bottom of your heart. If there are any unsaid words, any regrets or if there is something that remains unsettled between the two of you, then write about that. Tell them how you feel so that you can receive some resolution in it. If you did not get to tell them goodbye or if the manner of their passing was unsettling to you, verbalize that as well. If there is anything that is keeping you from feeling peace, write about it, express it so that you can release it. Tell them how much you love them and miss them. Tell them whatever is in your heart that you want to express to them.

When you do this exercise, go to a place where you can be alone with your thoughts and where you will not be disturbed. Maybe turn on some soft music. You may want to bring a picture of your loved one so that you can look at them and feel like they are there with you. Write in a stream of writing to them. Do not worry about grammar or punctuation. Just write until you feel that you have verbalized everything that you want to say to them.

Through writing this letter, you are setting them free so that the heaviness is released, and you feel comfort. Freeing yourself from any emotion that is keeping you anchored in the past. So that you are able to release them and move them to your heart. Where you can carry them forward with you on your journey into your new life.