

Words I Have Not Said

Grief and life transitions | Adults | 10 to 15 minutes

Create a private space for unfinished thoughts without requiring a response or resolution.

Some words remain after a death, separation, or life change. You can write to a person, a past version of yourself, or the situation itself. The writing is for you. It does not need to be sent, saved, or shared.

Choose a manageable beginning

Begin with one sentence: What I wish you understood is; What I miss is; What still hurts is; or What I need now is. Select a small part of the story rather than its most overwhelming detail. You can use fragments, drawings, or spoken words.

Decide how to close for today

You do not need to reach closure, forgiveness, or a final conclusion. End with a present need, then notice your surroundings and choose what comes next. Decide whether to keep, put away, or dispose of the page. Pause if writing becomes too activating.

The person, situation, or version of myself I am addressing is

What I want to say today is

What I need after writing and what I will do with this page are