

Ideas for Writing*

You may find it helpful to “sort out” your thoughts about your child by writing a letter to him or her or you may want to write them in a journal.

Express your thoughts and feelings about:

- A special memory that I have about you.
- What I miss the most about you and our relationship.
- What I wish I'd said or hadn't said.
- What I wish we'd done or hadn't done.
- What I've had the hardest time dealing with.
- Ways in which you continue to live on in me.
- Special ways I have for keeping my memories of you alive.

Choose one or several ideas that are important to you or start at the top of the list and work your way down. These topics may serve to help you come up with your own ideas specific to your situation and relationship.