

Goodbye Letters

Why? Sometimes we might feel as though we have not been able to have had the goodbye we would have hoped to. This could be a goodbye to someone, something or somewhere.

When faced with the challenge of moving forward without a 'good enough' goodbye, it can be helpful to think about the memories we have, what we would like to have said, and share our feelings.

Activity

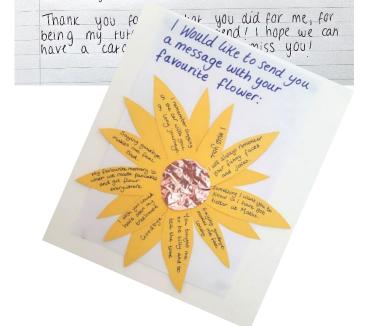
Writing a letter can help you to express how you feel about an ending. It could be kept for yourself as a reminder or given to someone to share how the goodbye makes you feel.

There is no right or wrong way to do this, but these sentence starters might help you:

- •I am saying goodbye because...
- •Saying goodbye makes me feel....
- •I remember a time when we....
- •You taught me....
- •I will always remember...
- •Something I want you to know is...

I didn't get the chance to say a proper goodbye So sometimes I think of all the things I hadn't gotten around to saying to you. Sometimes I struggle to express how I feel in person so I've decided to write you this letter. You taught me a lot of what I know about what are now some of my favourite passions. You encouraged me all the time. Even when I was ready to give up on something before I had even started it, or when I was being a perfectionist. I've now learned how to turn it into determination and ambinon and I think that is partly down to you.

I will always remember how much you were there for me and I hope you know how important to me saying goodbye makes me feel a bit poor weird and sad but I understand that it happens and things move on.





For more information about how we work please visit: www.suffolk.gov.uk/children-families-and-learning/pts/if

