



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...

