

THREE PART LETTER FOR GRIEVING

Developed by Denise Kuehl, M.F.T.

This letter is designed to use with individuals who are experiencing grief and loss issues. It may be helpful in providing a structured way to process feelings. Individuals should be encouraged to write their letters at home or process them verbally with the counselor, depending upon which style the person prefers. The only “rule” the counselor may give to individuals when writing their letters is to not edit their responses; the more honest and open they are with themselves, the better. If individuals decide to share their feelings in session with the counselor, it is vital that the counselor be comfortable with handling these emotions in an open, non-judgmental fashion.

1. ANGRY AND BLAMING FEELINGS

EXPRESS ALL YOUR ANGRY, BLAMING AND RESENTFUL FEELINGS...

I hate it (don't like it) when I am told ...

I am sick and tired of ...

You should ...

How could you ...

The problem with you is ...

It is your fault that ...

2. HURT AND DISAPPOINTMENT FEELINGS

EXPRESS YOUR HURT, DISAPPOINTMENT, PAIN, AND VICTIM FEELINGS...

I feel so disappointed that ...

I feel rejected when ...

It hurt me so much when ...

If it were not for this, I would ...

It is devastating to me when ...

If the hurt inside could talk it would say ...



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3. NON-BLAMING FEELINGS
EXPRESS YOUR FEARS, SADNESS, INSECURITIES, AND RESPONSIBILITIES...

Now that I have expressed all my anger, I see ...

I feel so sad that I ...

One thing I have been afraid of for a long time is ...

I realize I feel insecure about ...

The hardest thing for me to admit to you is ...

One thing I really regret is ...

If I were really honest with myself, I'd ...

I wish someone really understood that ...



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