



Things Left Unsaid

Loss can leave conversations unfinished. You can use this page to give words to thoughts, feelings or messages that still need somewhere to go.

Something I wish I had said...

Something I wish I had asked...

Something I want them to know...

Something I am grateful for...

Something I am angry or hurt about...

It is okay for grief to include complicated feelings.

Something I wish had been different...

What I imagine I might want to hear in return...

What I want to say today is...
