

There Are Things I Never Got to Say

Unfinished words can remain emotionally present long after a loss.

Grief can leave conversations unfinished. Sometimes there was no chance to say goodbye. Sometimes the relationship was complicated. Sometimes the words only became clear afterwards. You may carry love, anger, apologies, gratitude, questions, disappointment, tenderness or ordinary stories that still feel as though they need somewhere to go.

This guide does not ask you to find closure or make peace before you are ready. It gives the unsaid words a place to exist.

The words sitting closest to the surface today

What makes these words difficult to carry?

Is it that they cannot be answered, that you wish you had said them sooner, that other people would not understand, or that the feelings conflict with one another?

I NEED TO SCREAM THE WORDS I NEVER SAID

No politeness. No editing. No need to protect anyone on this page.

Use this page for the version that is too loud, too angry, too loving, too confused, too repetitive or too raw for ordinary conversation. Write enormous words. Scribble. Swear. Cross things out. Write WHY? Write I LOVE YOU. Write I HATE THAT THIS HAPPENED. Let the page hold it.

WHAT I REALLY WANT TO SCREAM IS...

The Conversation I Keep Replaying

Our minds often return to moments that feel unfinished.

You may replay the last conversation, a disagreement, something ordinary that became significant later, or a moment when you did not know it would be the last time. Replaying does not mean you caused the loss or should have known what was coming.

What happened in the conversation?

What I wish I had said differently

What I wish I could have heard from you

Questions I Still Carry

Some grief contains questions that may never receive a complete answer.

The question I most want answered

What I imagine you might say

This is not about pretending to know. It can simply be a way of noticing what you knew about their voice, values or way of responding.

The uncertainty I am learning to live beside

Love, Anger and Contradictory Words

A relationship does not have to become perfect because it ended.

You can miss someone and still be angry with them. You can love them and wish something had been different. You can feel relief and grief together. You can be grateful and hurt. Conflicting feelings are not evidence that the relationship meant less.

What I loved and valued

What hurt, disappointed or angered me

What feels difficult to admit

Apologies, Regrets and Self-Blame

Regret can be part of grief without becoming a life sentence.

After a loss, hindsight can make the past look more controllable than it really was. You now know things you did not know then. You may wish you had acted differently, but a regret is not the whole story of who you were or what the relationship contained.

What I wish I had done or said

What I knew and could manage at the time

If someone I loved carried this regret, I would tell them...

If I Could Speak Without Interruption

Let the whole message exist — not just the socially acceptable parts.

Dear you...

Write a letter, fragments, a list or a stream of thought. Tell them what has happened since. Say what you miss, what you resent, what you understand differently now and what you still do not understand.

What My Body Does With Unsaid Words

Unfinished communication can be felt physically as well as emotionally.

Notice rather than judge. Some people experience throat tightness, jaw tension, chest pressure, stomach sensations, tears, headaches, restlessness, fatigue, numbness, sleep disruption or the urge to talk aloud when nobody is there.

Where I feel the unsaid words in my body

What tends to trigger the wave

What helps my body release some pressure safely

Writing, crying, speaking aloud privately, movement, music, quiet, breathing space, talking to someone trusted or taking a break from reminders.

Finding a Place for the Words

You do not need a reply for your words to matter.

Some people keep a private letter, memory box or journal. Some speak at a meaningful place, continue a tradition, say the person's name, listen to music, create something, or tell stories to someone who knew them. Others do not want rituals at all. Choose only what feels genuine to you.

A way I might give these words somewhere to go

What I want to keep private

What I might want another person to hear

The Words Can Stay — and Life Can Continue

There is no requirement to finish grief neatly.

A message from Maggie

Sometimes the hardest part of grief is knowing that there will never be the conversation you wanted in the form you wanted it. That can leave words circling for years. I do not believe you have to force those words into a tidy ending. They can be written, spoken privately, revisited, changed and sometimes simply carried. You are allowed to love someone and be angry. You are allowed to regret something without punishing yourself forever. You are allowed to say what was wonderful and what was painful. Your relationship was human, and your grief is allowed to be human too.

The sentence I most needed to say

What I want to carry forward from this relationship

Books, references & support

- Megan Devine (2017) — It's OK That You're Not OK
- Julia Samuel (2017) — Grief Works
- Klass, Silverman & Nickman (1996) — Continuing Bonds
- Cruse Bereavement Support — grief information and bereavement support

If grief becomes unbearable or you feel unable to keep yourself safe, seek appropriate urgent support.