



# PART *worksheets* FOUR

LOSING SOMEONE YOU'VE ALREADY GRIEVED





# LOSING SOMEONE YOU'VE ALREADY GRIEVED

**You can honour the truth and let go, even when  
reconciliation isn't possible**

Sometimes the closure we long for never comes. We may lose someone physically whom we've already lost emotionally, or we may carry grief for a relationship that could never be healed.

When reconciliation isn't possible, the path forward is not about fixing the past- it is about allowing ourselves to grieve, release, and reclaim our peace.

This part of the journey honours the complexity of love and loss. It asks us to witness our pain without letting it define us, and to create rituals of letting go (even if our mother is still alive) that free us to step into our future.



Take your time with these prompts. Write freely, without editing yourself. Even one word or sentence can hold meaning.

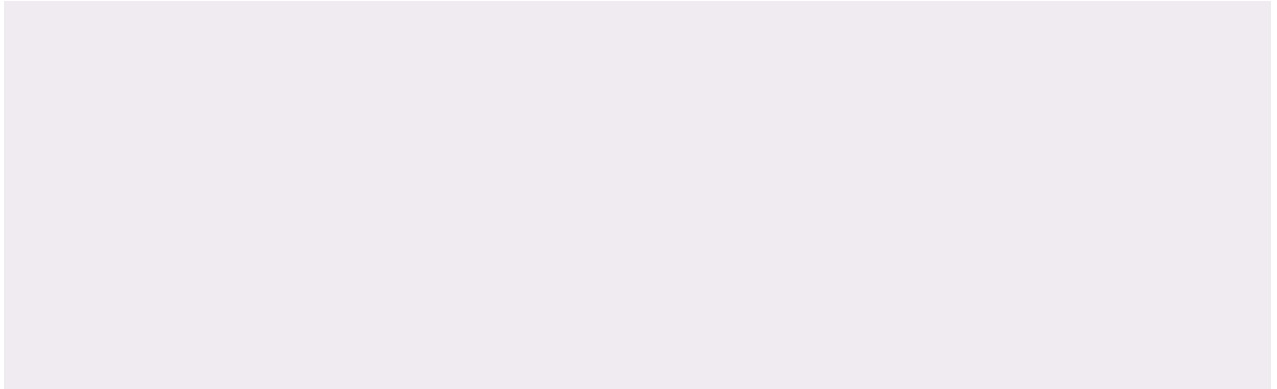
What loss in your life feels unresolved?

A large, empty rectangular box with a light purple gradient background, intended for writing a response to the prompt above.

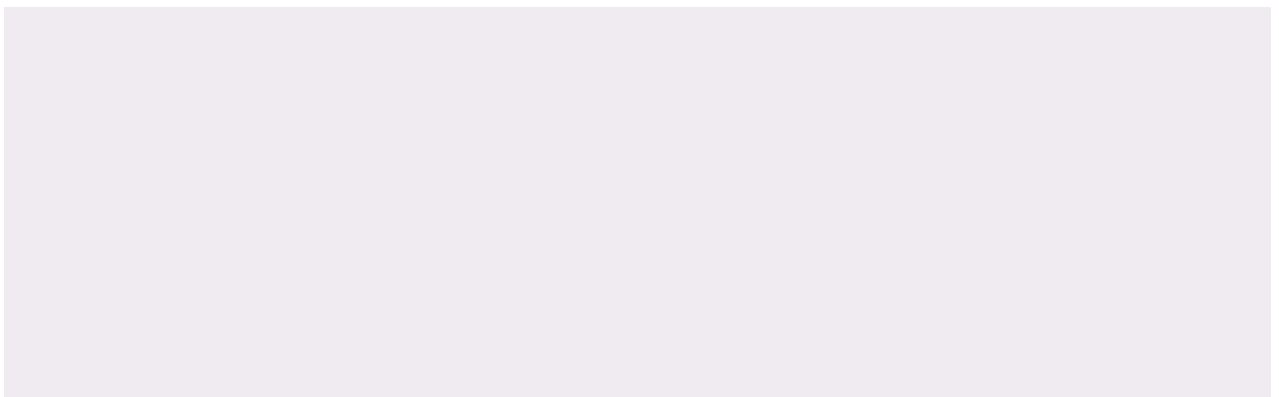
What rises in you when you think about the final goodbye?

A large, empty rectangular box with a light purple gradient background, intended for writing a response to the prompt above.

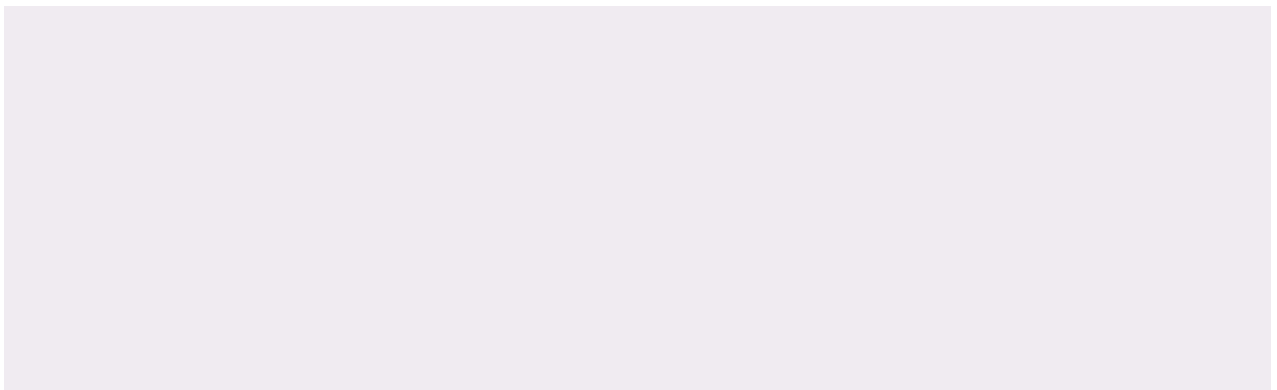
If you could have said one last thing to this person, what would it have been?



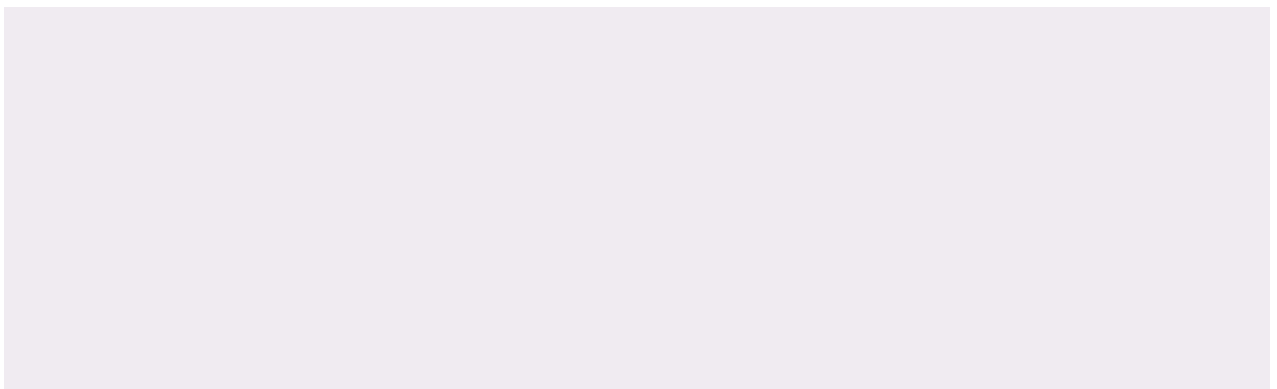
What emotions still surface when you think of them - sadness, anger, guilt, relief



How do cultural or family expectations shape the way you experience this grief?



What might it mean for you to give yourself permission to let go?



# WRITE A LETTER OF RELEASE

Take a quiet moment with pen and paper. Write a letter to the person you've lost (or never reconciled with). Say what was never said, express the grief, the anger, the longing and share what you wish they could have heard or understood.

As we do this (repeatedly if needed) we clear away the layers of pain attached to the relationship - changing how we feel and helping us sit with those big feelings.

## **1. Dear >>>>>**

*Always address it to the person directly – use their name, or whatever you call them.*

## **2. Start by stating there are things you want to say.**

*I have been feeling ..... I have been feeling this way because ..... I have also been feeling ... because ... (as much or little as you need to).*

## **3. State any behaviour or events that have particularly hurt you.**

*Write whatever comes up in the process don't edit yourself – no one will see this (unless you want them to!). So, release your innermost thoughts and feelings. Even if you think its trivial or petty or mean ... put it down!*

## **4. Say you are sorry for any ways you may have knowingly or unknowingly hurt them.**

*We are all a part of any situation just by being in it and we don't know how others see our actions; releasing this means that we take responsibility for our part and is a step of love and acceptance.*

**5. State that you no longer wish to carry the negative energy thoughts and feelings relating to them and that you let them all go.**

*We unconsciously hold on to grievances and hurt as a way of keeping ourselves safe and justify our own feelings towards someone. Releasing these acknowledges that we are now safe in our own right – it reclaims your personal power and relinquishes the power that we have given another person over us.*

**6. Wish them well and happiness but that you no longer want any negative energetic connection with them.**

*This does not mean you never want anything to do with them ever again! Just that you want the relationship to change and the control of the past relationship to go so that you are free to be free from what the past has created within you linked to this relationship.*

**7. Most important bit is to say goodbye.**

*This could be forever if you want it to be, but it is saying goodbye to that past situation or relationship or feelings – you will know what you will want to say when it comes to this bit, I found it very powerful!*

**8. Sign it**

*This seals your intention, you own this, it helps to reset your relationship.*

*When finished, read it aloud to yourself. Notice how it feels to give voice to what was held inside.*

*Choose a ritual to release the letter:*

- *Tear it into pieces and let the wind carry them. burn it safely, watching the smoke rise. bury it in the earth, returning the words to the ground.*

**As you let it go, say: “I honour what was. I release what I cannot change. I choose to carry peace forward.”**



## CLOSING PART FOUR

Take a deep breath in through your nose and out through your mouth. Place your hand gently on your heart.

Say softly to yourself (out loud if you can):

**“I am learning to be the mother I always needed. I give myself permission to be cared for, loved, and safe.”**

Close your eyes for a moment and imagine offering compassion to the child you once were. Picture wrapping them in a blanket of warmth and reassurance.

Write one loving affirmation for your inner child (e.g. *“You are enough,” “You are safe with me,” “I love you just as you are”*). Repeat it daily as a reminder of your reparenting journey.