

Here are some suggestions about ways to start:



- It's been \_\_\_\_\_ days/weeks/months since you've been gone and I wanted to tell you \_\_\_\_\_.
- If you were here right now, I would tell you/ask you \_\_\_\_\_.
- Before you died I wish I'd had the chance to tell you \_\_\_\_\_. I am not sure what to do about \_\_\_\_\_ and wondered what your advice would be?
- I wanted to tell you about how I've been getting on and the changes that have happened to me since you died \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.