



Imaginative Letter Writing

Psychotherapist, Alexandra Kennedy, suggests letter writing as a way to maintain a connection with (the memory of) a parent.

She offers 14 sample questions to consider asking yourself as a guide to writing a letter:

- What experiences have I been through since my parent's death?
- What do I miss?
- What do I regret?
- What issues in our relationship remain unsolved?
- What do I appreciate?
- What have I learned about myself, my parent, and my relationship?
- Why do I want to carry on?

Ms. Kennedy suggests asking yourself these questions after writing your letter.

- Was I open and honest?
- Did I express my love and appreciation?
- Did I address unresolved issues in our relationship?
- Do I still feel regrets?
- Is any resentment bothering me?
- Is anything left unsaid?
- Do I forgive? Do I sense more understanding?

Use of letter writing and similar activities are ways in which some adult children have been assisted in the growth through the process. As always the recommendation is to use what means seem most helpful and to set aside (perhaps only temporarily) what is not.