(Journeying through Grief – Sample Letter #3)

(Send with booklet #3 at six months after the loss)

Date

Dear (Name),

Enclosed is the third *Journeying through Grief* book. This one is called *Finding Hope and Healing*. One of the most important things it says is that it is perfectly all right--and completely normal--for you to still be grieving six months after a loss.

This is good for you to know because, if your experience is anything like that of many others who have lost a loved one, you may be feeling a lot of pressure to "get over it" and "move on" with your life. To the rest of the world, half a year is plenty of time to "heal," but when you've lost someone you love, six months can seem like no time at all.

Don't let yourself be pressured or rushed--take all the time you need to grieve.

**[Possibly add some personalized thoughts or information.]**

May God continue to heal your heart from the inside out.

Sincerely,