

Dear [Friend's Name],

I can only imagine the heavy weight you are carrying right now. Losing a sibling is a profound loss that can shake the very foundation of our lives.

Please know that it's okay to feel whatever you are feeling--anger, sadness, confusion. These emotions are part of the healing process, and you do not have to navigate them alone.

Remember the beautiful memories you shared with [Sibling's Name]. Those moments will forever be a treasure, reminding you of the love you had. Hold onto those, for they are a light in the darkness.

If you need to talk, cry, or simply sit in silence, I'm here for you. Don't hesitate to reach out, whether it's now or in the days to come.

You are not alone in this journey. Together, we can find a way to remember and honor [Sibling's Name] while allowing yourself the grace to grieve.

Sending you all my love and strength during this difficult time.

With heartfelt sympathy,

[Your Name]