

Dear [Name],

I hope this letter finds you in a moment of peace. I want you to know that you are in my thoughts during this difficult time. Losing someone so dear is a heartache that can feel overwhelming.

Please remember that it's okay to grieve and to feel a mix of emotions. Take your time to honor [Loved One's Name] and cherish the beautiful memories you shared together.

In remembrance of [Loved One's Name], I have included [a small token/a picture/a memory]. I hope it brings you some comfort and serves as a reminder of the love you had.

If ever you need someone to talk to or simply sit in silence with, I am here for you. You are not alone in this journey.

With all my love and deepest condolences,

[Your Name]