

A GOOD DEATH – MODULE SIX: Resolving Relationships

Those We Love

1. List four people that you consider the closest to you – sibling, friend, partner, child, etc.
2. Begin to write them a letter, reliving the past year in both your lives. Consider these points to mention:
 - Great times you've had together
 - Important milestones your person may have moved through
 - Losses or other sad occasions that should be acknowledged
 - How they've helped and supported you
 - What you are looking forward to next year with them
3. Place these letters in sealed envelopes with the person's name on the front. On the back of the envelope, write the year. Leave them with your will and other end-of-life paperwork.

Those We've Had Conflicts With

1. List people with whom you have open, unresolved conflicts.
2. Consider first those you need to apologize to. They are your top priority.
3. Then, move on to those who have hurt you and may not realize the impact they've made on you and your life. If you've already voiced your feelings to the person and they haven't acknowledged or validated you, or have ignored you, it's probably better to let it rest and work on moving on yourself.
4. Decide who you'd like to speak with in person and who you'd prefer to write to. Remember to be realistic about who will or will not be safe for you to contact.
5. Make the phone call or begin to write the letter/email/text. Be gentle with yourself and take as much time as you need.
6. Once you've done this hard work, do a short ritual, such as burning a candle or some sage to clear the old energy.
7. Congratulate yourself. This is not easy.

Those We've Lost Touch With

1. Identify those you've lost touch with and who you'd like to reach out to.
2. If you don't have current contact information for these people, ask a mutual friend or do an internet search, use Facebook, etc.
3. Craft a short email or text reaching out, leaving them room to answer or not.

How do you feel after contemplating/doing these things? Write a few sentences about it below.