

# The Things Left Unsaid

Set down the guilt and the last conversations you keep going over.

## WHEN TO USE THIS

Use this when your mind keeps returning to what you did or did not say.

What do you keep going over? The thing you said, or did, or never got to.

---

---

---

---

Two different things live here. Separate them out.

WHAT I BLAME MYSELF FOR

WHAT I KNEW AT THE TIME

|       |       |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

Guilt is a common part of grief, and it is rarely fair. You decided with what you knew then, not with what you know now.

If a friend told you this same story about themselves, what would you say to them?

---

---

---

---

*Some things stay unfinished. You can carry them gently instead of holding them against yourself.*