

HOW TO WRITE A SYMPATHY NOTE



Lesson Plan

When you understand how someone feels it is called *sympathy*. It means agreeing with a feeling or sharing of feelings with another person. When you don't understand how someone feels but you can imagine how they might feel is called *empathy*. When a someone loses a person they loved it is very hard to understand the pain they are in. Telling that person that you feel bad that they are in pain is very important. Words will not make the pain go away but letting someone know they have your support and love truly helps. It is important to understand there are no words that will make the pain go away – only time will help but you can bring warmth to a very sad heart. Talking about their loss may make you very uncomfortable but the small amount of

“May you find comfort in knowing you are not alone in your sorrow and cared for so much by many.”

your discomfort is nothing compared to theirs. It is very important we practice stepping into this discomfort because over your lifetime you will find your friends and family lose someone that meant a great deal to them and the more you practice the less uncomfortable you will feel. Now, let's imagine one of our friends has lost someone close to them. It could be a relative or even a pet. It doesn't have to be very long but it should be meaningful. You first want to make it personalized by starting with a salutation:

Dear ____, My sweet friend, Dearest _____. You then want to acknowledge their loss and use the deceased loved ones name:

- I am so very sorry for your loss.
- This time must be so difficult for you.
- I heard of your loss and I am very sorry.
- I am thinking of you.
- _____ was such a great person.
- I know you will miss _____ very much.
- I know how much _____ meant to you.

If you have a memory of that person or animal share your memory or write about their strengths and character. Recalling a sweet story or remembering their kindness will make that person smile.

Maybe end with this or something like this:

- You are in my thoughts,
- You are in my prayers,
- Sincerely,
- In sympathy
- Love,



Write a practice letter to your friend or family member who has just lost someone they loved.