

## **Top Six Things You Might Want to Say in a Posthumous Letter to Your Friends or Family:**

1. I love you. No matter how often you say it when you're alive, it's something that people never get tired of hearing. If you could have a letter sent to your spouse or children after you died, the words I love you are a must.

2. Thank you. Perhaps you want to thank your parents for taking such good care of you, or for sacrificing their time money and energy to give you what you wanted growing up. Maybe you're the parent and you want to thank your children for being who they are, taking care of you while you were in your senior years or hospice care.

3. I'm sorry. Sometimes these are the hardest words to say. If you're not the type to say I'm sorry, writing it in a posthumous letter ensures they get to hear the words that are on your mind. If you are estranged from your children, but feel you owe them an apology for a wrong you have committed in the past, then you might want to include these words in your letter.

4. I forgive you. Perhaps you were the person who was wronged, but you just haven't been able to speak with one another since a falling out. A letter to say I forgive you will ensure your sentiments are shared.

5. Goodbye. In today's connected world, people meet people from all over the world. As a result, we won't have a chance to say goodbye to everyone we meet and make a special connection with. If you leave your goodbye in a posthumous letter, they'll know you didn't forget about them. And you can say goodbye in your own words.

6. I'll be fine. Oftentimes, the people who are grieving feel quite upset about losing their family member or friend. If they could just hear their deceased say I'll be fine, then they might feel reassured. If you are suffering a great deal, or you have a devout sense of religion, saying I'll be fine, will go a long way to putting your friends and family's minds at ease.

**Kelly Lassaline President,  
Memories of Me  
Top Contributor**