



Dear Mum...

The Words My Heart Still Wants to Say

A gentle reflection created to help you express your thoughts, feelings, gratitude, regrets, love, and the continuing bond you share with your mum. There are no right or wrong words. Take your time, pause whenever you need to, and remember—you only need to answer the parts that feel right for you today.



1. Before I Begin

Take a moment to
check in with yourself.

Today I feel... (tick all that apply)

- | | | |
|---------------------------------|-----------------------------------|---------------------------------------|
| ☐ Sad | ☐ Angry | ☐ Guilty |
| ☐ Numb | ☐ Relieved | ☐ Grateful |
| ☐ Lonely | ☐ Confused | ☐ Other: _____ |

Right now, I need...

2 Dear Mum...

Write anything you want to say to your mum today.
Let your heart lead the way.

Dear Mum,



3 If I Could Tell You Anything Today...

I wish you knew...

One memory I keep returning to is...

One thing I hope you always knew
about my love for you is...



*Leaving people better
equipped than when they arrived.*



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Gentle Reminder

Grief is love with nowhere to go.
Be kind to yourself as you reflect.



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4 Caring For You Changed Me



Caring for you taught me...

The hardest part of watching you
become ill was...

Sometimes I still replay...

One thing I wish had been different is...

5 The Things I Carry



I still carry your...

I still hear you when...

I smile when I remember...

The part of you that lives in me is...

6 If Guilt Could Speak...



Sometimes guilt tells me...

A kinder truth might be...

7 Thank You

Thank you for
teaching me...

Thank you for
loving me by...

Thank you for...

8 Until We Meet Again...

Mum,
I miss you.
I carry you with me.
I hope I continue to live in a way that
honours your love.
Thank you for being my mum.

Love,



Reflection

Love does not end when a life ends.
Grief is one way that love continues.
Today, you honoured that love by
giving your heart a voice.



What I Want to Remember

Notes