**Playbook to Heal the Undercurrent of Unresolved Grief and Loss**

*Unhealed Wound Seed*

**The Balloon Letters of Goodbye**

**Who:**

* 12-year-old Sally and Her Mom

**What:**

* Sally will say good-bye and begin to grieve the loss of her father who died suddenly in a car accident.

**When:**

* Sally and mom will visit the gravesite together next Saturday between 9am and 12pm and use the balloon letter technique to say good-bye.

**Where:**

* Shady Pines Cemetery.

**How:**

* Sally and her mom each create a good-bye card. They will write out all the things they miss about their dad or husband and say good-bye. They will begin the card in the therapist’s office and/or take it home to complete it.
* After the card is completed the following steps will occur:
  + The therapist will meet with the family at the cemetery and ask Sally and her mom to read their letter aloud.
  + Sally and her mom will then tie the cards to a helium-filled balloon and release it so it will float up to heaven.
  + As the balloon floats away to “heaven” the therapist will ask the following questions:
    1. Therapist prompts mom to ask Sally, “What are you feeling right now as the balloon floats up?”
    2. Therapist then asks mom, “How can you keep dad’s memory alive?”
    3. Therapist then asks mom and Sally, “How important is it to you to keep your husband/dad’s memory alive?”
    4. Therapist then asks mom and Sally, “How can you work together to keep his memory alive?”
* Mom and Sally’s answer to question #4 may make up the content of a second playbook to keep his memory alive.

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