

Prompts for Family and Friends:

- I love you.
- You taught me _____.
- You're the best _____ I could have ever asked for.
- Thanks for always being there for me.
- I'll never forget the time we _____.
- I know that we didn't always see eye to eye, but our hearts were always connected.
- I'm sorry for _____.
- I'm so grateful for _____.
- It took me a while to believe you, but you're right when you always said: "_____".
- God knew that I needed you in my life. You mean the world to me and I'll always feel your love.
- You mean the world to me.
- You always made the best _____.
- Every time I go to _____, I'll remember our fun times there.
- Tell them that you forgive them for any unresolved conflicts.
- Reassure them that you know they always did the best that they could.
- Share happy memories.
- Tell them the impact that they had on your life.
- Recognize them for their accomplishments and how they had a successful life.
- Give them permission to let go of your hand and hold onto the hands of loved ones who have passed and are welcoming them home.
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Things NOT to say in a video that you send a loved one who is dying:

- Getting things off their chest under the guise of “I want to be honest and clear the air”
- I’m mad at you for the time you _____.
- Can I have _____?
- You never _____.
- I’ll never forgive you for the time you _____.
- Don’t ask them questions if they won’t have a way to answer you.
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