

Dear Dad,

I guess I have put off sharing my thoughts and feelings with you because... I don't want you to feel bad or guilty.

Even the thought of having to sit down to do this makes me feel ... really vulnerable.

For so long I have ... tried to be strong for our family

I guess I never really thought that I ... am allowed to feel so upset by all of the changes that are happening and the changes that will happen.

But, I now know that ... we are not in control, and being upset or hiding my feelings won't change the fact that it's happening

Where do I ... find the line between grieving what's lost and how to still live life with you here?

How do I begin to ... still help you while you're here and grieve the dad that I knew and grew up with?

All the years that ... I feel have been stolen and I wish we could get back.

I wonder if you know ... how I really hated when you had to travel for work because I feel like I got less of a life with you than my siblings did. I also feel so guilty for moving away and being away from you during college. If I had known what was in store I would have spent more time with you.

But, when I think about ... our time together, I wouldn't trade it for the world.

I have so many mixed emotions over... being born to you guys when you were older. I know God always has a plan but I never really liked growing up knowing that I wouldn't have you as long as I wish I could. I feel like my whole life plan has really centered around having a family early so my kids could know you the way I never got to know your parents.

How I wish ... I could've had more time with you

But now I have ... to face the fact that you're not the dad I grew up with anymore

I never thought I could have so many different ... memories of you than what my siblings have

How can I ... learn to be okay when I'm around you and not fall apart?

But, I know ... that you will always love me and always make sure I know that

Even as I begin to become honest, I feel ... time really cheated us

For too long I have ... held on to the bitter feeling of being younger and not having more time with you

I feel that had I ... learned to move on from these bitter feelings earlier I could have better let myself grieve

I never gave myself permission to feel ... the realization that things will always be changing now. I think I kept holding on to the past you so much that it hurt even more when we were forced to move forward and thrust into your changing state.

I guess I had simply ... been in denial

You always made me feel special when ... you told me you were proud of me

You were so selfless when you would ... go out of your way to provide for me despite whatever financial situation we were in

It makes me smile when I remember ... hearing you sing to your oldies songs

How you used to make me smile when I would see you ... playing with your grandkids, hoping you would be able to do that with my children.

Our family is so much richer for ... the simple way you held us all together when mom would be too anxious or overbearing. Your witty comments and belly laugh.

You always seemed to ... know exactly what to do or do no matter what I needed advice on.

We could always count on ... you to fix whatever it was around the house. Bob the builder!

Just the thought of you makes me feel ... heartbroken for what's happening to you right now and the changes I see every time I see you

How I miss the ... conversations we'd have about anything

I remember Christmas time when ... you were always just as surprised as me at what Santa brought me

I could always count on knowing that you would ... always be there to answer my workout, car, or general building questions.

We always looked forward to ... baking together because we both loved to share the left over batter or dough

I remember that you used to always tell me ... to check my car before a long drive

You never forgot about .. my shows, competitions, or concerts

It seemed like you were always ... going to be around. You're my dad, my superhero. \ But no, things are different now, I feel ... upset. Why you? Why my dad?

I can't help but feel ... strange as I write this because you are still physically here

I know you must ... be heartbroken knowing how these changes are affecting us all

If God allows you to peak back in time from Heaven, I want you to be able to see ... how hard I'm trying to work through these feelings

There will always be ... things that I wish we could've done together or reasons why I wanted more time. Nobody is ever prepared to lose a parent or loved one like this

Regardless of how the years may pass, I want you to know that ... I learned so much from you about being a good person

I want to make sure that you ... still take care of yourself

I will dedicate myself to ... trying to help our family through this scary situation

I want you to know that ... I don't blame you for anything that's happening. It's nobody's fault.

I have so many ... things that I wish I could've learned from you

I know that you are different now, but I still ... am so thankful I can have a big hug from you

I feel blessed by having ... you has my dad

You have touched so many with your ... helpful hand and kindness

So often, I remember ... how easy it was to talk to you, even if you still never talked as much as mom lol

It brings a smile to my face when ... I think about the ways you made life special; like watching you surprise mom with gifts or go the extra mile to make me smile

I know, if you could tell me anything, you would want me to know ... how proud you are of me

As much as I miss you, I would never want ... you to worry about me because you raised me well.

I know that you are so glad that ... I'm finally talking about my emotions and working through them

I want you to know ... how happy I am to be your daughter

Well, as I begin to think about letting you go and closing this chapter of my life, I feel ... very sad. Nobody should ever have to go through watching a loved one change in front of their eyes like this.

You will always be .. my hero

Someday I hope to ... be able to talk about all of this without sobbing

But, for now, I will ... keep talking about it anyways because bottling it up won't help anyone

Please know that I will ... do what I can to take care of mom

I will miss the thought of ... talking with you, joking around with you, and learning from you

Until that day ... I'll always love you.