

Truly — You Are Not To Blame

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I had my reasons for taking my life,
and I'm sorry I let you down.
But, I did the best I could in life,
and, know — it's peace that I have finally found.

Take solace in the fact that I am happy now,
and I hope you will eventually see.
There was nothing that you could have said or done,
that would have made a difference to me.

So, "*let go*" of your guilt for what I did,
because, truly — you are not to blame.
Instead, fill your heart with God's love for me,
to help *YOU* ease *YOUR* pain.

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For use in support groups with individuals who have experienced the loss of a loved one by suicide.