

Asking For Forgiveness Letter Template

Dear _____,

Regarding the situation/time where/when I _____
Describe the situation and behaviors in detail.

I have been holding feelings of _____
Label the specific feelings

And I have been holding these feelings ever since _____

Holding on to these feelings have *cost* me _____

And what these feelings have done *to* me is _____

My *payoff* in keeping these feelings has been _____

The *possible difference* it could make in my life if I could let these feelings go is _____

The *fears* I have in letting go of these feelings are _____

I am asking if you will forgive me for the hurt I caused. Will you forgive me?

The *behaviors* I want to show you are _____

And the *words* I want to say are _____

Thank you for your loving presence.