

The Forgiveness Letter Template

Dear _____,

Regarding the situation/time where/when _____
What happened? Who is involved? When/Where did it happen? What was said?

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 able and willing to let go of these feelings now and I would like to replace these feelings with feelings of _____

And I would like to *tell myself* such things as _____

I am able and willing to let those feelings in. The *behaviors* I want to show when I feel these new feelings are _____

And the *words* I want to say when I feel these new feelings are _____

A *previous time* when I have felt similar feelings was the time when _____

Thank you for your loving presence for me to let go.