

**EXERCISE: Writing a Forgiveness Letter**

Use **Worksheet 15.4** as a guide to help you write your forgiveness letter. It is not easy to forgive those who have mistreated us, but it can be instrumental in healing deep wounds and letting go of anger. If you are not ready at this point to write a forgiveness letter, that is fine. Just skip over this exercise and section, and perhaps come back to these pages at another time – if you choose to do so.

## WORKSHEET 15.4. Writing a Forgiveness Letter

1. This is what you did to me:
2. This is the impact it has had in my life:
3. This is how it continues to affect me:
4. This is how I imagine my life will be better if I'm able to forgive you:
5. (Forgiveness often begins with a compassionate understanding of persons who have hurt you. Write about any life experiences the other person or persons had that might have contributed to the ways they hurt or mistreated you.) This is how I can understand what you have done:
6. (Everyone hurts someone else sometimes. When you hurt someone else, how would you want that person to think about you?) This is how I would want to be viewed if I hurt someone:
7. (Forgiveness does not mean that you approve of, forget, or deny what was done and the pain you have experienced. Instead, forgiveness means finding a way to let go of your anger and understand the events from a different perspective.) This is how I can forgive what you have done:
8. These are the qualities I have that will allow me to move forward: