

Forgiveness Letter Guide ©

From the desk of Kirk Duncan

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The intention of this letter guide is to assist you in expressing your thoughts and feelings about experiences that you had in your life that, at this point, still seem unresolved. These steps are not a “quick fix”. It is important to value and respect the forgiveness process. It is a vital part of life that when learned, practiced and appreciated will elevate your ability to love others to a higher level. You may find yourself writing about the same person or the same experience more than once. Be patient with yourself. I hope you discover that forgiveness is one of the most important topics to study.

If you need extra space, use the back of this worksheet.

What happened between you and this other person?

How long ago did this happen?

How old were you when this happened?

In what ways is/has this experience still been affecting you?

What do you wish you could say to this other person to finally get this off of your mind & chest?

If you could go back in time, what would you have done differently?

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If you could go back in time, what would you say / or do to support yourself after the incident?

Is there anything you expect the other person to do to make amends?

Are they aware of this expectation?

Could you still move forward if this didn't happen?

I forgive myself for...

I want to forgive myself because...

I want to mend & heal from this because...

I want my life to be better because...

The other Person

I forgive _____ for...

I want to forgive _____ because...

_____, I hope you heal and recover from this because...