

# 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.