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

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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.

For more letter templates or advice on how to let go, visit eddinscounseling.com.

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