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.