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 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.

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