

Example of a Forgiveness Letter

I forgive you, (name of the person), for (what they did).

I understand that you believed (list what you think they believed at the time of what happened).

I understand you had a positive intention for yourself of (list the positive intention they had for THEMSELVES).

I understand that NOW is the time for me to stand in my power.

I understand the part of me that felt (hurt, angry, betrayed, resentful) wanted to be (listened to, respected, loved) and I am choosing to give that to myself now.

I love myself enough to let go of those old feelings so that I can give myself all of the (love, compassion, caring, attention) I need.

By forgiving you I am regaining my power and I am free to be (loving, generous, prosperous, successful).

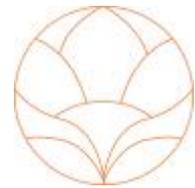
I forgive you.

This emotional debt between us has now been settled.

I forgive myself and I am joyous that I am now free!

Signed,

(Your Name)



The Healing Power of Forgiveness

I forgive you, _____, for _____

I understand that you believed _____

I understand you had a positive intention for yourself of _____

I understand that NOW is the time for me to stand in my power.

I understand the part of me that felt _____, _____,
_____, wanted to be _____, _____,
_____, and I am choosing to give that to myself now.

I love myself enough to let go of those old feelings so that I can give
myself all of the _____, _____, _____, I need.

By forgiving you I am regaining my power and I am free to be:
_____, _____, _____.

I forgive you.

This emotional debt between us has now been settled.

I forgive myself and I am joyous that I am now free!

Signed,
