

Forgiveness Letter

Write a forgiveness letter and include anything you are moved to share about what you experienced, learned, and especially, apologies you wish to offer, thanks you want to give and what you want moving forward. You may or may not send this letter, but write it as if you will.

What follows are a list of all of the questions we explored in this forgiveness process. Feel free to use it as a guideline for determining what you feel is important for you to share with this person to be complete – to forgive and release yourself and them from this grievance.

Who do you have a grievance with?

What happened? (The behavior, the facts)

What feelings do you have about that? (Identify REAL emotions)
What are/were you afraid of? Mad about? Wanting to avoid?

What are you blaming this person for?

What loss is associated with this experience? What are you grieving having lost or given up?

What happened that you didn't want? What unfulfilled expectations did/do you have for how something should have turned out?

What were/are your unenforceable rules? (Examples: people shouldn't lie, people should be faithful, people should keep their agreements, life should be fair, people should treat me with kindness, people should care about what I want, life should be easy, my past should be different, people should re-pay their debts, etc.)

How did you think this person should have behaved? How did/do you want this person to be different?

What interpretation did you make up about this incident?? What did you have this event mean? What BIGGER story did you create out of the event or situation that is above and beyond the facts?

What did you get to be right about? What negative beliefs about yourself got reinforced? What core negative beliefs did you either make up from the story or drove the story? (Examples: I am not enough, people always abandon me, life's not fair, I am unworthy, no one will love me, I am always last or left out, It's not

okay to be myself, I am alone, other people are more important than me, it isn't okay to be powerful, etc.)

What role did you require this person to play for you to have this interpretation, to play out this story or to be right about your core negative beliefs?

What were/are your judgments about this person? What did you make up about that person?

How are you like the judgments you have about this person?
(Refer to Byron Katie Facilitation sheet)

What aspects about you have you disowned, denied, repressed and projected on to them?

What aspects of you is this person reflecting that need to be loved and accepted in yourself?

If your Spirit gave you this experience of not having what you are wanted to help you learn something, to help you grow or empower you in some way, to help you heal something, what do you think there is here for you to learn or heal?

What beliefs want to be changed out of this experience?

What aspects about you need to be loved and accepted in yourself?

What do you want? What have you learned about what you want? What do you value? What do you want to create moving forward? (Make a list of what you want from your "Not Wants", unfulfilled expectations, unenforceable rules, and unhappy feelings.)

What feeling experience do you desire underneath your "form" wants? What do you hope to feel from what you want? (Example: "I want you to be with me" might equal "I want to feel good" or "I want us to be close" or "I want to feel loved.")

What is your part in this relationship break down? What did you do or say or how were you being that resulted in this experience showing up the way it did? (Take responsibility for everything! Explore in a mood of wonder what about you had this experience show up.)

What do you need or want to apologize to yourself for?

What do you need or want to apologize to the offender for?

Walk through the Six Steps of an Apology (See Apology sheet)

What has been the benefit or gift of this experience? How are you more expanded? What was good about your having created this? (There are always benefits to our negative stories and behaviors, always gifts we receive.)

What new story can you create for yourself out of this experience? (Change your victim/blame story into a hero's story of courage, triumph, survival and empowerment.)

What new belief about yourself are you willing to cultivate? What evidence do you have for that this is already true?

What hopes do you have for the future? (Change your unenforceable rules to hopes and desires.)

What are you willing to forgive yourself for?

What are you willing to forgive this person for? What are you willing to let go of and release?

Is there anything you need to say or do or ask for to be complete with this issue? If so, what?

What do you REALLY want with this person moving forward, if anything? What is the experience you want to create with regards to this person and/or this incident now and in the future? (Requests?)

How will you be different (with this person) moving forward? (Actions. Promises.)

What do you appreciate about this person or incident? What are you grateful for? What sweet moments, experiences, gifts will you always treasure from this experience together? (Be sure to include thanking them for playing their part in this perfectly unfolding experience FOR you to grow and learn.)