

Forgiveness Exercise:

Use this sample format to write a DETAILED LETTER of forgiveness to each person that has caused you pain. Do NOT share this letter with that person, but share with your counselor or group.

Make a list of what you are angry or fearful about... "I RESENT....." then list everything that you REGRET; what makes you sad about the situation. Then list everything you RESPECT about that person and your relationship; list the blessings that have come from this situation.

Dear(person's name).....

I resent you for
because I felt and I realize this may be a pattern of mine.

I resent you for
because I feltI realize this may be a pattern of mine.

(Continue with **ALL** of the resentments that you can think of that have been causing you pain.)

Keep writing any resentments, hurts, upsets etc until you feel flat. Go into the blame and rage until you no longer feel hurt. It may take several pages.

About the situation, I

REGRET.....
.....

.....Now what I can really tell you is I appreciate you for

.....
and I am grateful forand I **RESPECT** you for
.....

What I can really tell you is I appreciate you for
and I am grateful forand I **RESPECT** you
for.....

Most of all what I really mean underneath all this is I really love you. (If this is the case)

I ask for your forgiveness for

I forgive you and I set you free and I ask you to set me free

--your name

