

## **Witness Questions for the Forgiveness Letter to be asked by Sponsors**

### **Assignment:**

**WRITE AN APOLOGY LETTER TO YOURSELF FROM SOMEONE WHO YOU FEEL HAS HARMED YOU.**

1. Choose one person from your Fourth Step Inventory who you feel has harmed you, and you are having a hard time forgiving them.
2. Write a letter as if it is from that person to you, giving you the apology you always needed to hear.
3. Include everything you wish they would say, so you can feel you have heard everything you need to hear to let go of this resentment.
4. Be honest and write openly, but keep the letter simple and to the point.
5. Bring this letter to your one-hour appointment this weekend, where you will read it to your sponsor.

### **Sponsor:**

#### **A. Please read the letter just as you wrote it.**

(Person reads the letter)

1. Thank you. How does it feel to hear this apology?
2. Thank you. In this situation, what roles did you cast the other person in?
3. Thank you. What roles did you cast yourself in?
4. Thank you. What roles did the other person cast you in?
5. Thank you. As far as you can observe, what roles did the other cast themselves in?

#### **B. Now read the letter again, and this time read it as if this is the apology letter YOU wrote to THEM.**

(Person reads the letter, turning it around to the "other.")

1. Thank you. How does it feel to give this apology?
2. Thank you. As you reread it did you notice if you still cast the other person in the same role as before?
3. Thank you. Did you notice if you were in the same role you cast yourself?
4. Thank you. Does this situation look any different to you from this perspective?

#### **C. Now read the letter again, and this time read it as if this apology letter is a letter YOU wrote to YOURSELF. Please slow it down so you can really FEEL your apology.**

(Person reads the letter, turning it around to themselves)

1. Thank you. How does it feel to give this apology to yourself?

2. Thank you. As you reread it did you notice any recurring roles that you have played out with yourself
3. Thank you. Did you notice more deeply how you have limited yourself with these roles?
4. Thank you. Does this situation look any different to you from this perspective?

**What roles can you recast the other person in that would serve you both?**

**What roles can you recast yourself in that would serve you, the other person, and the world?**