

SAMPLE FORGIVENESS LETTER

**SPOILER ALERT!"
IF YOU WANT THE SURPRISE, DON'T READ THIS"
BUT IF YOU NEED AN EXAMPLE OF THIS EXERCISE, PROCEED"**

1) Letter to me self-written from my Mom.

Dear Me,

First, let me tell you how much I love you. You were always so special to me. When you were growing up, I loved watching you dance and sing. You were quite the entertainer.

I want to apologize to you my dear daughter for all the times I was not there for you. For all the times I was in a Valium stupor and could not see what was going on in your life. I am sorry I was not there to protect you from your abusive teacher at school and that I could not see how hard you were trying to be good. I am sorry that I taught you things that hurt you and made you feel inadequate.

You know I would never want to hurt you. I love you. Can you forgive me for my inability to see you and understand what was going on for you? Can you forgive me for abandoning you?

If there is something I can do to make this right with you, please let me know. I want all to be right with us going forward.

Love,
Mom

2) Letter turned around. I read the letter as if I had written it to my Mom, changing the words to fit her and the situation. (Hint: try to keep it simple and clear when changing words and keep it as close to your original words as possible.)

Dear Mom,

First, let me tell you how much I love you. You have always been so special to me, **even when I didn't show it**. When **I was** growing up, I loved watching you **bake bread and plan holidays**. You were quite the **cook and you loved making holidays special**.

I want to apologize to you my dear, **Mother**, for all the times I was not there for you. For all the times I was in a **Media blackout and self-absorbed fantasy** stupor and could not see what was going on in your life. I am sorry I was not **able to tell you about my** abusive teacher at school and that I could not see how hard you were trying to be **a good Mom**. I am sorry that I **believed** things that hurt **me and** you and made you feel **blamed for them and** inadequate.

You know I would never want to hurt you. I love you. Can you forgive me for my inability to see you and understand what was going on for you? Can you forgive me for abandoning you?

If there is something I can do to make this right with you, please let me know. I want all to be right with us going forward.

Love,
Me

3) Letter is turned to me now. I write this to myself. I change some words to be clear on what I did to me.

Dear Me,

First, let me tell you how much I love you. You were always so special to me. When **we** were growing up, I loved watching **us** dance and sing. **We** were quite the entertainers.

I want to apologize to you my dear, C, for all the times I was not there for you. For all the times I was in a people-pleasing, **needing to prove and be validated by everyone**, stupor and could not see what was going on in your **inner** life. I am sorry I was not there to protect you from your abusive teacher at school **by speaking up and getting adult support** and that I could not see how hard you were trying to be good **but rather always told you how bad you were**. I am sorry that I **told you things about yourself** that hurt you and made you feel inadequate.

You know I would never want to hurt you. I love you. Can you forgive me for my inability to see you and understand what was going on for you? Can you forgive me for abandoning you **by not letting you be your authentic self**?

If there is something I can do to make this right with you, please let me know. I want all to be right with us going forward.

Love,
Me