

Witness Questions for the Forgiveness Letter

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

(Person reads the letter)

- 1. How does it feel to hear this apology?**
- 2. In this situation, what roles did you cast the other person in?**
- 3. What roles did you cast yourself in?**
- 4. What roles did the other person cast you in?**
- 5. 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. How does it feel to give this apology?**
- 2. As you reread it did you notice if you still cast the other person in the same role as before?**
- 3. Did you notice if you were in the same role you cast yourself.**
- 4. 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. How does it feel to give this apology to yourself?**
- 2. As you reread it did you notice any recurring roles that you have played out with yourself**
- 3. Did you notice more deeply how you have limited yourself with these roles?**
- 4. 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.**