

HANDOUT 11.10: SELF-FORGIVENESS LETTER

Similarly to the forgiveness letter, before writing this letter let your breathing support you in connecting to your compassionate self through the body, creating a posture that you feel to be courageous, strong, wise and deeply helpful.

the compassionate self fully understands the wounds we have inflicted on ourselves, the validity of the pain and anger we have experienced and still experience, often the sense of shame and guilt if what we want to forgive ourselves for involves someone else, but also the desire for freedom and peace with which we wish to approach the forgiveness process.

Dear _____ (write your name)

I am writing this letter about the situation/time where/when (What happened? Who was involved? When/Where did this happen? What was said?)

What happened/what you did/did not do has caused me (write the consequences of the behaviour and the emotions that were linked to that behaviour):

I feel this way because (write why your behaviour/way of being impacted you so much – which values/needs did it compromise/which part of you was invalidated/mistreated):

However, continuing not to forgive you and feeling anger and resentment towards you has had a very big cost for me, in fact (write everything in the past that was blocked or hindered by your lack of self-forgiveness):

And now I feel that continuing to dwell on those feelings might be harmful for me because (write down what resentment might generate in your future/might block; write down what purposes/desires/needs you feel are hindered by not forgiving yourself):

The fears I have in letting go of these feelings of resentment towards myself are:

However, today I chose to write this letter to you because I intend to begin the process of forgiveness. I do so because.....(write the intention of the letter - what purpose/value/needs self-forgiveness could facilitate you to achieve/embrace):

From now on my intention is (set your intention for the future. What is your wish for yourself; what emotions you wish to cultivate, what mental states you will try to train, what behaviours you want to adopt):

Conclude the letter as you best see fit:

Signature: