

## HANDOUT 11.8: COMPASSIONATE 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 that fully understands the wounds we have been inflicted, the validity of the pain and anger we have experienced, but also the desire for freedom and peace with which we wish to approach the forgiveness process.

Dear \_\_\_\_\_

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

*I feel this way because* (What and why this issue is so meaningful to you):

*However, having these emotions had a cost for me...*

*And now I feel that continuing to hold on to them might be harmful to me because (write down what resentment might generate in our future/might block; refer to what purposes/desires/needs you feel are hindered by not forgiving):*

*The fears I have in letting go of these feelings are:*

*However, today I decided to write this letter to you because I intend to begin the process of forgiveness. I am doing this because (write the intention of the letter--whether you are seeking a sense of closure or seeking reconciliation, or any other purposes of the letter):*

Set your intention for the future. What is your wish for yourself? What emotions would you like to nurture, which mental states do you want to train, which behaviours do you want to adopt? What do you wish for the person who harmed you?

*Conclude the letter as you best see fit:*

*Signature*