

Letter of Self-Forgiveness

Patient's full name:

Date submitted:

Therapist's full name:

The road to self-forgiveness might be a long and difficult one, but it's all worth it. Forgiving yourself is one of the hardest things that you can do (depending on what you've done) but it's also one of the bravest. It's even better if you find it in yourself to stop dwelling on the guilt, self-resentment, and shame and actively work to rectify your mistakes and change for the better.

For this exercise, we'd like you to write a letter to yourself. In this letter, we want you to talk to yourself, but in the voice of someone talking to a friend. Write about the mistakes that you've made, how those mistakes affected you and others, how you plan on correcting those mistakes or seeking forgiveness for them (if you've wronged others), and what you can do moving forward to become a better person and prevent you from repeating the same mistakes.

You will be given free reign as to how you want to write it. To get you going, here are some guide questions and prompts to consider:

- What is or are the reasons why you have been unable to forgive yourself all this time? What mistakes have you made that made you feel guilty, ashamed, etc.? Identify all of these. Stating them is one way of acknowledging them. Refrain from making excuses and criticizing yourself.
- How did these mistakes impact your life, especially your mental health?
- How do you plan on rectifying your mistakes? Determine ways that will allow you to correct and seek forgiveness for your mistakes (it would be best if they are actionable and you'll follow through with them). Besides seeking forgiveness from others (if others were wronged by your mistakes), accept the past and make amends with yourself and your actions.
- How do you plan on growing from your mistakes? Write about what you can do to not only avoid making the same mistakes but also what you can do to become a better person.

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Love,

Yourself

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