

Forgiveness Letter Writing

The process for beginning this healing is fairly simple. It does not require expensive equipment or hours at the book store looking for the perfect self-help book. You do not even need to leave the comfort of your own home. All you need is a pencil and paper (or a computer if you're more technologically minded), a quiet space, plenty of time to really sit and write and the courage to delve deep inside your wounded ego/inner child.

The typical letter writing process can be found in any mainstream counselor's office. Writing letters is a healthy and constructive way to get thoughts down on paper and out of your mind. It is also a great way to organize your thoughts and memory times. With the letter writing process you will learn here, I will take you one step further than traditional therapy/counseling provides. Here you will learn the true art of forgiveness. Only when you can purely forgive that which was perpetrated onto you, can you find real healing and a lift to the block that keeps you stuck and stagnant in life.

You will want to start with a one letter to your Mother/Mother figure in your life and one letter to your Father/Father figure in your life. When I say Mother/Father figure, I mean any person that you identified with in that role. This could be Aunt/Uncles, Grandmother/fathers, Step Mother/fathers. Anyone who was a parental influence on you growing up. I advise doing the Mother and Father letter separately from each other. Depending on how much you resurrect and are triggered by, I would wait for a period of a week to two weeks before writing the letter to the other parent. After you write the parent letters, you will then write a letter to anyone who you still have strong negative emotional reactions to, if any. This could be an Ex husband/wife/boyfriend/girlfriend, this could be an uncle who touched you, or a teacher who embarrassed you in school and you never forgot her, this can even be the best friend who slept with your boyfriend in high school.

Once you write letters to these crucial people, there is usually a cycle of memories that will illuminate other people that may need letters.

Preparation- Important!

Before you start your writing, it is important for you to protect yourself and ask Universe/God/Source for a grace period while writing your letters so that the emotions and past experiences are not allowed to infect your current reality. This is a crucial step!

The 3-Step Letter Writing Process (Fourth Step Speaking)-

Step One: Playing Victim-

This is what is usually experienced in a mainstream counselor's office. In this section you get to play victim. You get to say all the things that you never were allowed to say or got the chance to say to the person. You get to tell them how much they hurt you, or how pissed you are at them. You get to yell, cry and cuss. You can dissolve all your filters and be raw with your emotions.

Write this in first person: "I am mad at you for not allowing me to share my feelings or have an opinion of my own..."

Step One B: Restore What You Thought You Lost-

This is where you get to restore everything that you feel you were denied, robbed of and kept from using "I am" statements.

"I am worthy of sharing my feelings and I will express my feelings by using my authentic voice in a tactful and diplomatic manner that serves myself and all around me for our highest..."

Step Two A: Playing Perpetrator-

This is where some people get stuck. In this step, you will write about how you perpetrated the same behaviors from step one onto others. What we judge in others we will automatically upload the urges to act out the same behaviors. This is your opportunity to understand that what you are playing victim to, you have also perpetrated the same injustice/abuse/pattern on to someone else. This is where you take responsibility for your own actions and behaviors.

Step Two B: Forgiveness-

Ask for forgiveness from others. You will also need to forgive your former perpetrator because you are in their shoes now. Forgive yourself. Understand that you had no control to change it even if you were aware of the patterns. It still repeated because it couldn't be extinguished without forgiveness. This will help you to forgive your perpetrator because you and that person are now equals in the same sense. You can now see it was a viral pattern and that neither you nor your perpetrator knew how to fix it or knew how to shift it. Forgive them as you are learning to forgive yourself. Remember, every person that we attract into our reality is a reflection of ourselves.

Step Three: Purpose and Perfection-

There is the saying out there that "what doesn't kill you makes you stronger" and this couldn't be more true. In this section you are to write about why everything you endured as a child and in reoccurring adult experiences was perfect for your growth and who you are today. Find the blessing in disguise and understand the gifts and abilities that were created from "surviving" your experiences. If your life had not played out EXACTLY as it did, you would not be who you are today. You will also want to give thanks to your Divine Source (Universe/God/Higher Self) as well as the person this letter is written to, as they ultimately assisted you in your soul growth. What a blessing!

Step Four: Witnessing-

This step is CRUCIAL. In order to shift these experiences, you must read it out loud to a trusted loved one/or counselor. If reading the letter to the person you wrote it to is not possible, read it as if that person is sitting in front of you. It is the witnessing between you and the listener that will shift your experience from painful to understanding. You also must read it with as much emotion and energy as you had when you were experiencing it. Its ok to weep, weeping purifies and cleanses the soul.

Letter Writing Template

Use the following template to guide you in the writing of your forgiveness letters. You may add or change lines to fit your letter writing flow. This is just meant as a start point for those who find it difficult to write a letter.

Dear _____;

I am writing to express my hurt and struggle because of the experiences and patterns of my past. When I was a child, your behaviors and beliefs really affected me. I was hurt when you _____ as it made me feel _____. Also, when you did _____, it made me feel _____. I did not like when you _____ because I felt _____. When you _____, it hurt me because _____. Because I felt like I did not have _____ as a child, now I will _____ in an authentic and tactful manner.

I know that patterns repeat until they are healed. I see that I have perpetrated these same behaviors on to others as well. I am guilty of _____ where I had repeated the same pattern as you. I also am guilty of _____ because that is what I had learned growing up. I have also repeated the pattern of _____ and _____ by doing the same to others by _____.

I forgive myself for not knowing that I was repeating the same patterns as you did to me. Because we are both guilty of the same behaviors and beliefs, I can forgive you for unknowingly perpetrating the patters of _____ on to me because you were also a victim of this pattern by _____ when you were a child too.

I know that all that I have endured is Divine and purposeful; because I had to experience _____ from you, as well as, perpetrated the same onto others, I have gained the knowledge of _____. I am grateful for having to suffer the hurt and pain that I did, because from it I learned _____ about myself. I can see now that I had to experience _____ because it made me who I am today by _____. I appreciate the opportunity to gain valuable insight about myself by having to experience _____ from you.

With forgiveness and understanding,
