

# Forgiveness Letter

Write to let go of harmful feelings so you can feel peaceful and ripple that out to others too.

## Compassionate model for forgiveness

Forgiveness is not about them, it's about you learning to let go of negative emotions



1. Raise **awareness** of the challenging situation, describe your emotions.

2. **Agree** with the challenges the other person was facing. Understand they are just like you.

3. Write your authentic truth that inspires a shift in perception and **action**.

## Science backed benefits of forgiveness

- |  |   |
|--|---|
| <input type="checkbox"/> Improved life satisfaction  | <input type="checkbox"/> Improved chronic pain          |
| <input type="checkbox"/> Increased oxytocin          | <input type="checkbox"/> Improved empathy               |
| <input type="checkbox"/> Increased alpha brain waves | <input type="checkbox"/> Reduced anxiety and depression |
| <input type="checkbox"/> Reduced stress              | <input type="checkbox"/> Improved self-esteem           |
| <input type="checkbox"/> Lower blood pressure        | <input type="checkbox"/> Improved emotional regulation  |

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- Write 1-3 activities that induce a calm, peaceful and joyful state. It is essential you are in the right frame of mind before you write this letter. Do them now or before continuing. Schedule 15 mins for this exercise, set a timer.
- Choose one person that you are writing this letter to. It could be a parent, lover or even your younger self. Do NOT choose something too traumatic to start with.
  - Describe the emotional experience of the events that upset you...
- Write the reasons why you believe this person behaved as they did. See them through empathic eyes. Understand they are just like you trying to be happy and avoid suffering....

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- Speak your authentic truth now. Tell them like it is. Write what you always wanted to say. For example...
    - I know you were hard on me because you wanted the best for me but let me share with you that being harsh and critical does not benefit anyone....
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- End the letter with comments of love, compassion and intentions for the future.
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- Read the letter aloud and write what comes up for you below. If you need to cry that is ok, you are releasing decades of trapped emotion. Engage in self-compassionate activities afterwards and rest.
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*Dr. Satguru*

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- Copy and paste the whole letter here...
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