

Self-Forgiveness Letter Template

Self-forgiveness can help us release negative feelings that can hold us back and negatively impact our well-being over time.

When struggling with painful guilty, angry, or unhappy feelings related to a past event, writing a letter of forgiveness is a creative way to practice both self-expression and self-kindness.

This allows us to begin reducing or eliminating the hurt we feel while developing a more compassionate relationship with ourselves.

This *Self-Forgiveness Letter Template* offers a four-stage approach to writing a letter of self-forgiveness:

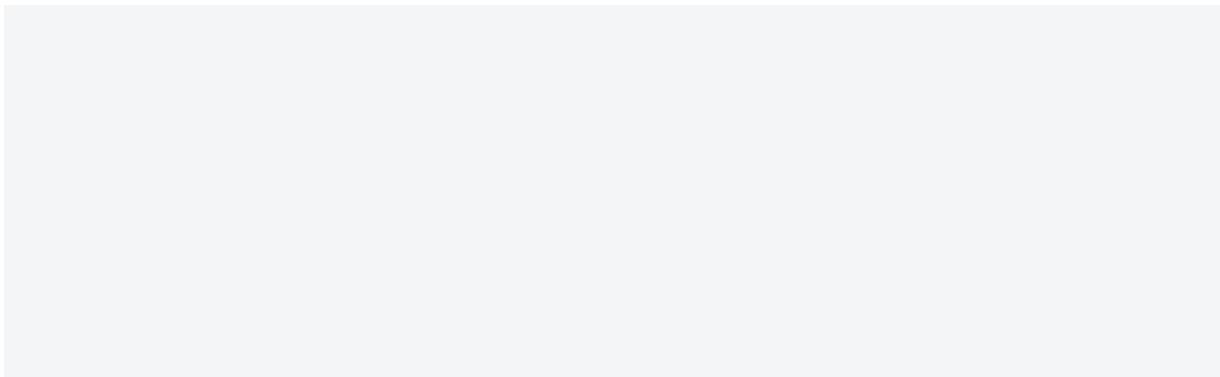
1. **Taking Responsibility**
2. **Showing Remorse**
3. **Rectifying Mistakes, and**
4. **Releasing Past Hurt**

Instructions

Find a quiet place to write your letter of self-forgiveness, and give yourself plenty of time to reflect while you do so.

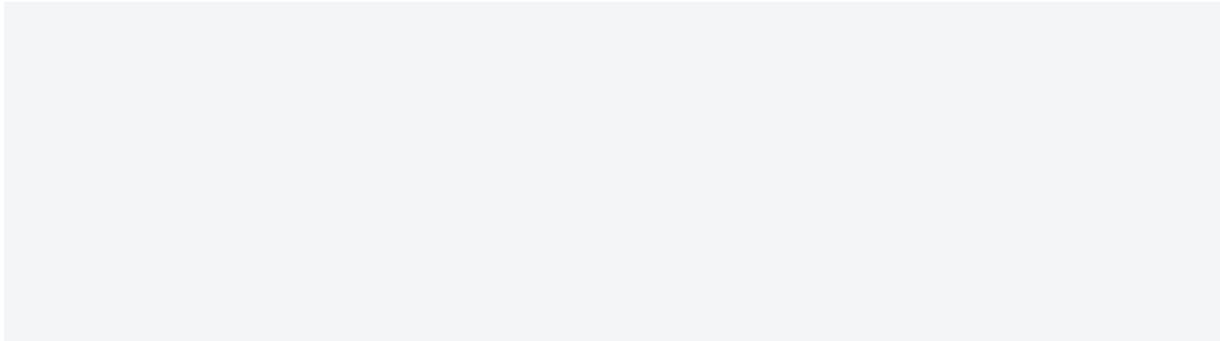
Taking Responsibility

Self-forgiveness requires accepting the blame for your actions, but also showing self-compassion. Owning your mistakes, while avoiding unnecessary self-criticism or excuses, can help you reduce negative emotions such as guilt or regret.



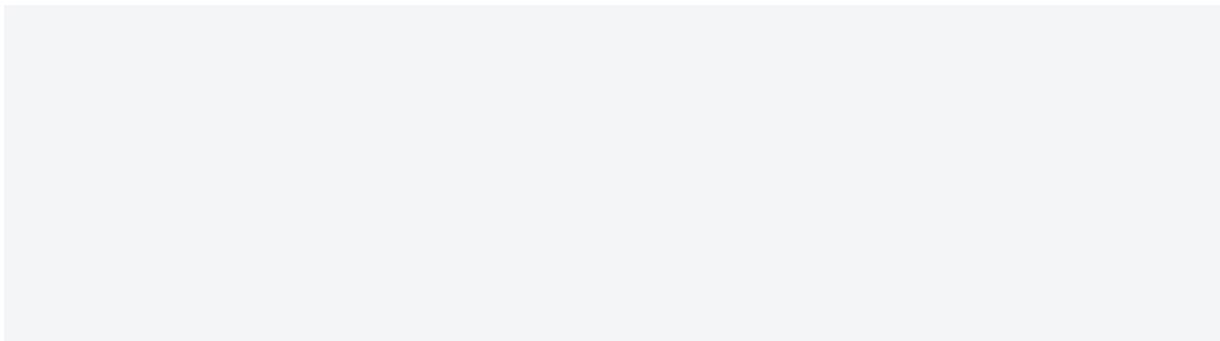
Showing Remorse

Guilt, regret, and shame feel bad, but they can be powerful triggers for self-growth. Showing remorse involves conveying deep empathy to yourself, which is focused on avoiding similar hurtful actions in future. With this in mind, use this space to acknowledge how your past actions have hurt your current self.



Rectifying Mistakes

Now that you are armed with the knowledge of your remorse, apologize to yourself. Express it genuinely to yourself in writing, and come up with some ways you can make amends to your current self for your past actions.



Releasing Past Hurt

Learning from past mistakes involves understanding why you committed the actions that now cause you pain. Consider the actions you might take to grow from the experience and avoid it again in future. What will you do instead?

