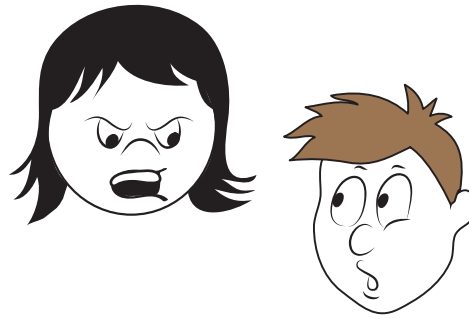


Forgiveness Letter

Forgiving someone who may have caused us harm is not always easy. When we let the person know how we feel and offer forgiveness, healing and greater peace can come for both people involved.



Directions: Follow the instructions below to write a letter to forgive someone (even if you don't send the letter).

1. Think of someone who may have harmed you or someone else.
2. Consider their life: Are they happy? Peaceful? (Many people who cause harm are not happy themselves.)
3. On a lined piece of paper, write a letter to this person. Use the statement, "I felt _____ when you did _____."
4. Let them know that you forgive them for what they did and that you wish them peace.
5. Notice how you feel offering this kind forgiveness and compassion.
6. Hold on to the letter as a symbol of your forgiveness or give this letter to the person.

