

## APPENDIX A: FORGIVENESS LETTER

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Dear \_\_\_\_\_

Date \_\_\_\_\_

I am writing this letter to share my feelings.

1. For ANGER

I don't like it . . . . .

I feel frustrated . . . . .

I am angry that . . . . .

I feel annoyed . . . . .

I want . . . . .

2. For SADNESS

I feel disappointed . . . . .

I am sad that . . . . .

I feel hurt . . . . .

I wanted . . . . .

I want . . . . .

3. For FEAR

I feel worried . . . . .

I am afraid . . . . .

I feel scared . . . . .  
 I do not want . . . . .  
 I need . . . . .  
 I want . . . . .

4. For REGRET  
 I feel embarrassed . . . . .  
 I am sorry . . . . .  
 I feel ashamed . . . . .  
 I didn't want . . . . .  
 I want . . . . .

5. For LOVE AND FORGIVENESS  
 I love . . . . .  
 I want . . . . .  
 I understand . . . . .  
 I forgive . . . . .  
 I appreciate . . . . .  
 I thank you for . . . . .  
 I know . . . . .

P.S. The response I would like to hear from you: