

# SELF FORGIVENESS LETTER

Take Responsibility

Date & Time:

Forgiving yourself means taking responsibility for what you did while also being kind to yourself. It's about owning your mistakes without beating yourself up or making excuses. When you do that, you can start letting go of guilt and regret and move forward.

Show Remorse

Guilt, regret, and shame don't feel great, but they can actually help you grow. True remorse means showing yourself real empathy and learning from the past so you don't make the same mistakes again. Take a moment here to recognize how your past actions have affected you—this is a step toward healing.

# SELF FORGIVENESS LETTER CONTINUED

## Rectify Mistakes

Now that you understand your feelings of remorse, take a moment to apologize to yourself. Write it down honestly, like you would to a friend. Then, think of some ways you can make it up to yourself and start moving forward.

## Release Past Hurt

Growing from past mistakes means figuring out why you made those choices in the first place. Think about what you can do differently next time to avoid the same pain. What changes will you make moving forward?