



Letter of Forgiveness

Pick the person with whom you have the biggest blame.

Dear _____

1. I blame you for . . .
 2. This is how it has affected me . . .
 3. I forgive you.
I forgive you.
I forgive you.
I forgive you.
I forgive you.
 4. This is what I am creating now . . .
 5. Thank you, God.
 6. I forgive you, _____ for all you have done.
- I love you as I love myself. God is the love that I am.

Write this letter for 7 days in a row.



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