

APPENDIX A: FORGIVENESS LETTER

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

INCREASE YOUR ABUNDANCE

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:

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