

# Avi Project

THE COLLEGE PREGNANCY RESOURCE

## Letters towards Forgiveness

### **FIRST LETTER**

Write a letter to the person YOU NEED TO FORGIVE

- In your journal, write a letter to the person you need to forgive. You won't send this letter. It's for your eyes only so don't hold back!
- Share all your thoughts and feelings, how they hurt you, and how that made you feel.
- At the end of the letter, tell them you forgive them. You may not fully believe this yet, but it's a start. You may have been holding onto all these feelings for a long time, and I hope that you feel a little lighter just by writing them down, as if you're saying them to this person.

This isn't a letter you send it's just the beginning of the healing process for you. You may have to write this letter again and again to heal and forgive fully.

## **SECOND LETTER**

Write a letter to yourself FROM THE PERSON YOU NEED TO FORGIVE

What do you need to hear from that person to heal and forgive?

- In your journal, write a letter from the person you need to forgive. You won't send this letter. It's for your eyes only so don't hold back!
- You won't send this letter. It's for your eyes only so don't hold back!
- You may never hear the words directly from the person who hurt you so this is the next best thing. It's important at the end of the letter they ask YOU for your forgiveness. Be sure to include that in your letter.

I know this isn't easy by any means but it is the next step in moving through the hurt towards forgiveness so you can find joy again.

**\*REMEMBER:** Forgiveness doesn't mean you forget or trust that person again, it just allows you to let go of the burden that you've been carrying. I also understand this is a process and doesn't usually happen overnight. But I hope that with this challenge you can begin moving in the right direction of freeing yourself from the pain associated with unforgiving.

**\*\*DISCLAIMER:** This is not an easy challenge but could be the MOST REWARDING of all challenges within the Humans Pursuit!!!