

## **Letter of hurt**

**Name of person you need to blame appropriately:**

Write a letter to this person describing the offense and the wrong experienced because of their contribution.

Relive the story of how this person hurt you.

Describe the details of how this person hurt you.

Make sure you include your emotions (sadness and anger) about the event/s.

After reading your letter, take a deep breath and say, "I forgive you!"