

Body Forgiveness Letter Template

Dear Body,

I am writing to acknowledge and take responsibility for all the times that I

I know this affected you by

You must have felt

I commit to love and honor you by (Amends)

I am sorry, (Ask for forgiveness)

Signed: _____

Date: _____

Witnessed by: _____

Date: _____

If you do not think you have a support person in your life that you trust with this information, keep the witness section blank until you find that person who you trust. In the mean time, you can receive support and positive messages from the Love Warrior Community (www.lovewarriorcommunity.com).

- To share your body forgiveness letter online with the Love Warrior Community: <http://www.lovewarriorcommunity.com/submit-a-body-forgiveness-letter/>
- To read others' body forgiveness letters: <http://www.lovewarriorcommunity.com/category/body-forgiveness-letters/>
- To download the body love letter template or to share your body love letter online with the Love Warrior Community: <http://www.lovewarriorcommunity.com/submit-a-body-love-letter/>
- To read others' body love letters: <http://www.lovewarriorcommunity.com/category/body-love-letters/>

Visit the Love Warrior Community to develop & strengthen your self-love practice. **Love yourself. Love your body. Love the world.** www.lovewarriorcommunity.com & www.selflovewarrior.com.