

## Sample Unsent Letter

Dear [name] –

I am writing you to complete a process that is part of my healing and recovery from some things that have hounded me nearly my entire life. I wish to acknowledge them and ask your forgiveness for something that I remember that I was responsible for.

[Describe the situation]

I have come to realize the damage that I have in me from my sexual addiction and the sexual behaviors that I was involved in. I know that I contributed to the same in you.

I ask for your forgiveness. But you are not obligated in any way to respond or even to let me know. That is entirely up to you and is not expected.

Thank you for taking the time to read this.

[Your name]

[Your contact information]