I would also like to find another source for Rav Kook's words (in chapter 1), but I don't think Shaarei Teshuva is the inspiration. Rabbenu Yona's 20 principles are stages or steps that precede Teshuva: regret, abandoning sin, feeling troubled, pained, worried, shame, humble, and acting with humility ...

I don't see how this could relate to the types of teshuva that R. Kook describes – natural teshuva when the person has trespassed the laws of nature, teshuva based on faith, when the person has broken the laws of the Tora, and teshuva with the intellect presumably when nothing is broken.

So far, I believe the Rav of Liadi's writing influenced R. Kook, but I'm open to suggestions.